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women's fitness

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MOT**

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trend
everyone's
talking about*

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a moody
b*tch?*

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your friend!*

*Eat
more
cake!*

*Super-healthy
baking swaps*

**RUN
YOUR
CITY**

*EVERYTHING
YOU NEED FOR A
PERSONAL BEST*

WOMENSFITNESS.CO.UK
ISSUE 146 | NOVEMBER 2015 | £3.80



NEW

THE MIRACLE COLLECTION

Transform your look with the Miracle Collection. Facefinity All Day Primer to hold, new Miracle Match Foundation to blur imperfections and nourish* skin, and Creme Puff Blush for a natural flush of colour.

The Miracle Collection for the perfect nude look.

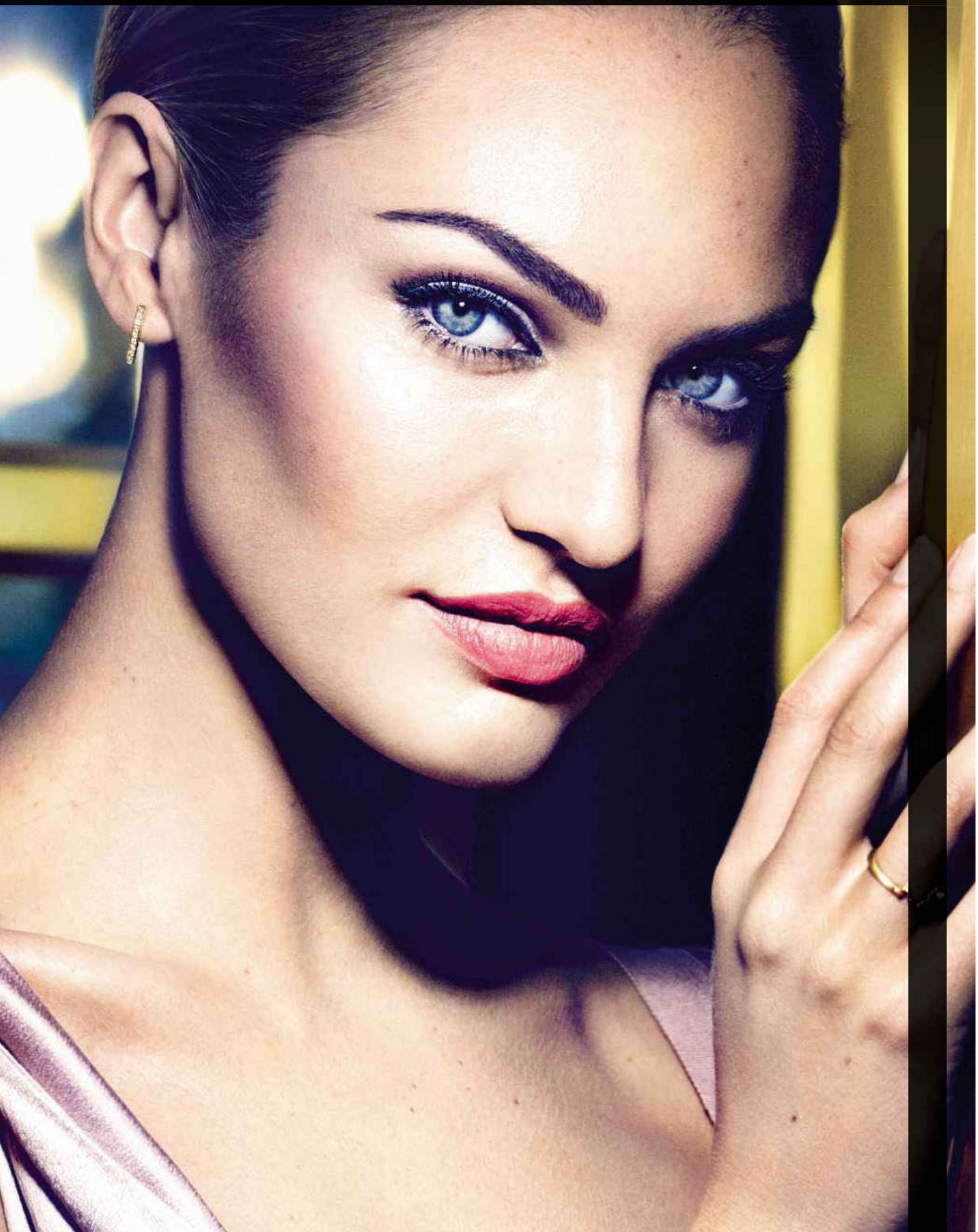
#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: **Facefinity All Day Primer**, **Miracle Match Foundation**, **Creme Puff Blush** in Alluring Rose

*Nourishes with hydration



MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS

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Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

**Skin surface renewal is accelerated based on surface cell exfoliation.



Olay
REGENERIST

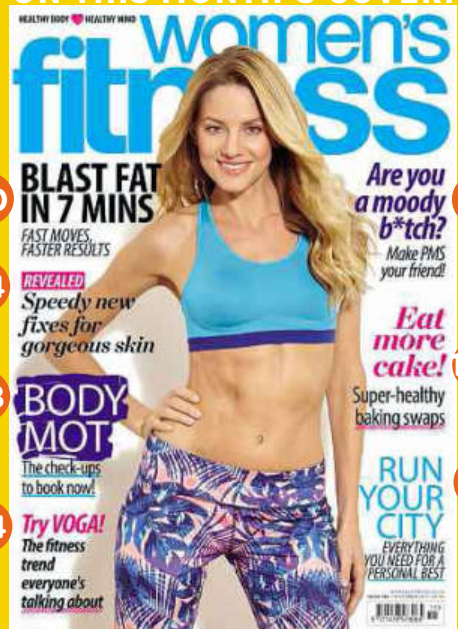
YOUR BEST BEAUTIFUL™



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- Bra, £27, Asics
- Leggings, £33, Adidas
- Jacket, £70, Nike
- Gel-Fit Tempo 2 Trainers, £60, Asics

ON THIS MONTH'S COVER:



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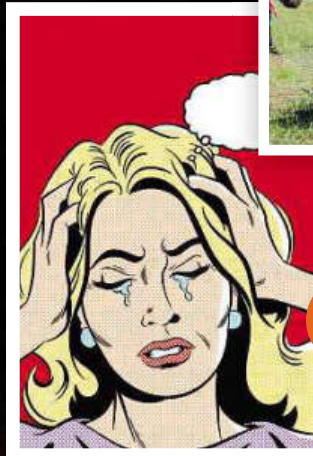
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Are you a 'moody bitch'? It may not be a bad thing

082 Kind at heart

The new talking treatment that can boost immunity and positivity

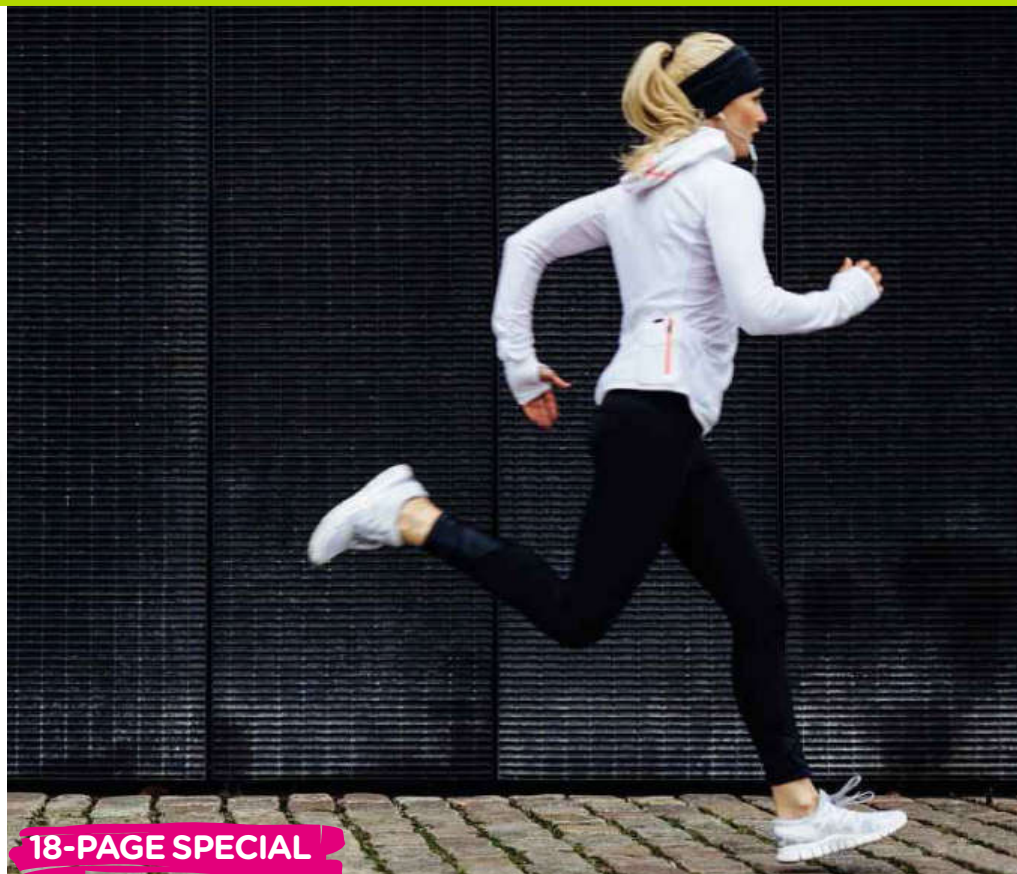


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- 030 Sculpt in 7** Get your best body in less than 10 minutes
- 036 Do it like a pro** Check out the programmes our sports heroes use to stay match fit
- 039 Get a grip** Try this workout to prevent cardiovascular disease
- 044 Strike a pose** What do you get when you team vogueing with yoga? Yoga, of course!
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18-PAGE SPECIAL

Run your city!

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- 065 Be a stronger runner** Commit to regular body conditioning to take your running to the next level
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health

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- 092 Ask the expert** Got a niggling health dilemma? Let our expert put your mind at ease with her top tips and advice

beauty

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- 098 Beauty heroes** Update your look-hot routine asap
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LETTERS MAY BE EDITED AT THE EDITOR'S DISCRETION. PICTURES: SIMON TAYLOR, SHUTTERSTOCK, GEORGIA GLYNN SMITH

Meet the experts

Every issue is packed with advice from our expert



AMANDA HAMILTON is a nutritionist, author and TV health expert.
AMANDA HELPS YOU BEAT THOSE WORKOUT ACES AND PAINS ON P92



LEE PICKERING is a personal trainer at DW Fitness Clubs.
LEE HELPS YOU FUEL YOUR RUNS THE SMART WAY WITH HIS TOP NUTRITION TIPS ON P58



JO PRATT is the author of *In the Mood for Healthy Food*.
JO MAKES HEALTHY COOKING AND EATING A REAL BREEZE ON P113



JULIET MURRELL is the founder of Voga.
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What we did this month

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nutrition

102 The great nutritious bake-off Have your cake and eat it with our guilt-free guide to baking. Yuummm!

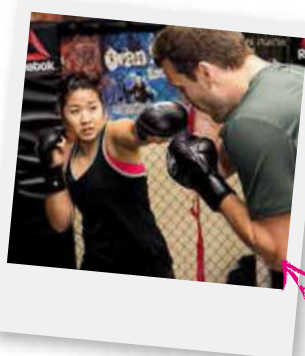
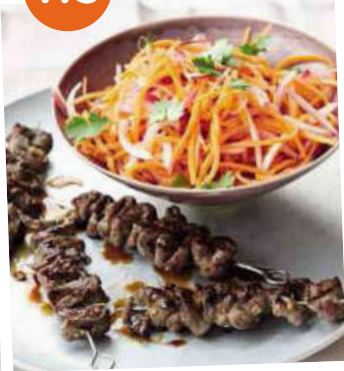
106 Food to stay forever young Stay sprightly and youthful no matter your age with *Cook Yourself Young* by Elizabeth Peyton-Jones

110 Healthy bites Want to fill your trolley without filling out? It is possible!

111 Food focus: Pomegranate Pink, juicy and full of goodness, we can't get enough of pomegranate this month

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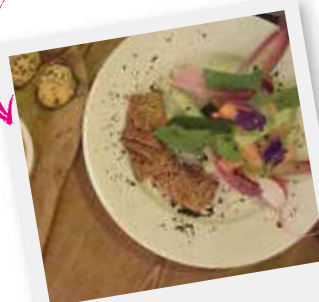


PUT 'EM UP

Amanda tried out the new Reebok kit at Griphouse in Glasgow

TUCKED IN!

We sampled tasty, healthy delights at the Hemsley+Hemsley supperclub



'I've been getting back into running with a running club'
JOANNA
Editor

'I'm loving training at my Muay Thai gym'
AMANDA
Fitness editor

'I've been hitting the treads at Barry's Bootcamp'
ELLIE
Deputy editor

Something on your mind? Share it with WF... We want to hear from you!

Have your say

STAR COMMENT

Women's Fitness readers say...

In March 2015 I was 16 stone at only 24 years old. I had to do something about it, so I looked for a fitness magazine and found yours. I follow all your exercises and make your recipes. I cut out all carbs, fizzy drinks and dairy from my diet, and I now walk 20,000 steps seven days a week and go to the gym. All this, despite having a rare genetic condition called Ehlers-Danlos syndrome which causes me to be in constant unbearable pain - my doctors said I would find it near impossible to stick to a diet. Today I'm four months in. It has not been easy or cheap but I now I weigh 12st2 and am a size 14 - that's nearly 4 stone less in 4 months. *Mahala*

We asked...

What's your best tip for running?

'It's important to keep challenging yourself - always up your mileage and speed and try to cut down on your time with each run.'

Rachel, Kent

'As soon as the outer sole on your running shoes have worn down to the mid sole - replace them! No pair of trainers are worth an injury.'

Simona, Bath

'Music makes me run harder, further and faster so I put a lot of thought into what I put on my playlist and the latest tech like wireless headphones.'

Surieta, Cheshunt

GET IN TOUCH AND WIN!

Write in to us and you could win a Beurer AS80 New Generation Activity Monitor (worth £54.99). The sleek gadget records your physical activity and your sleep quality.
● stressnomore.co.uk

NEXT ISSUE: How do you stay fit in the winter?

contact us...

- Email: team@womensfitness.co.uk
- Write to: *Women's Fitness* 'Have your say', Unit 011, Netil House, 1 Westgate St, London, E8 3RL
- Tweet: @WomensFitnessuk
- Facebook: facebook.com/womensfitnessmagazine



panel. Introducing this month's health and fitness gurus...



AMANDA KHOUV is a qualified personal trainer, WF's fitness editor, wearer of warm hats and serious coffee lover.
AMANDA GIVES YOU A 7-MIN WORKOUT ON P30



GEORGE ANDERSON is a running coach (bygeorgeanderson.com).
GEORGE GIVES US A STRENGTH WORKOUT FOR RUNNERS ON P65



LOUISE PYNE is WF's features editor, a registered nutritionist and our resident herbal tea connoisseur.
LOUISE TALKS FERMENTED SKINCARE ON P94



NICOLA SHUBROOK is a nutritionist at Urban Wellness.
NICOLA GIVES US THE LOWDOWN ON POMEGRANATE AND WHY SHE LOVES IT ON P111



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From the editor

Joanna Knight



RUN CLUB

What type of runner are you?



MOODY BITCHES

Time to let it all out



FEEL-GOOD VIBES

Look after yourself



This month's cover

Photography:
Simon Taylor
Make-up: Alisha Bailey
Model: Georgie,
zone-models.com
Styling: Joanna
Knight, Ellie Moss
Clothing: Nike bra,
£30, nike.com;
Reebok leggings,
£30, reebok.co.uk

We're keen runners at *Women's Fitness* HQ and this issue we're sharing the running bug with you all!

From **page 55** we have everything you need to get started: discover your running personality (**page 56**), the hottest kit and races (**page 60**), and our PB-smashing workout (**page 65**).

We've also got an awesome speedy workout that's perfect for busy bees - try our 7-minute Wahoo session on **page 30**! The start of a new season is a great time to make small changes and kick bad habits. From accepting your inner bitch (**page 79**) to discovering how to be kinder to yourself (**page 82**) and making your baking healthier - yes, really (**page 102**) - we help you build a healthier, happier you.

Have a great month!



RACE-READY KIT

All the gear you need right now



BAKE-OFF TIME

Easy, healthy baking swaps you'll love

Joanna

Don't miss a single issue of WF!



If you can't always find *Women's Fitness* in store, help is at hand! Just complete this form and hand it in at your local store and they'll arrange for the latest issue to be reserved for you. Some stores may even be able to deliver the magazine to your home. Just ask! (Subject to availability)

PLEASE RESERVE/DELIVER MY COPY OF WOMEN'S FITNESS ON A REGULAR BASIS, STARTING WITH ISSUE

Title	First name	Surname
Address		
Postcode		
Telephone number		



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let's feel good

See [boots.com/order-today-collect-tomorrow](https://www.boots.com/order-today-collect-tomorrow) for full terms and conditions about the order & collect service.
Monday – Saturday, geographical exclusions apply.

ESSENTIALS

13 **Hot list** // 15 **Running news** // 16 **Cyclescene** // 18 **Health wrap**
20 **Love life** // 23 **Green scene** // 24 **Fit food**

6-8 NOVEMBER

An epic challenge

A three-day thrill ride for marathon junkies, the Druids Challenge Ridgeway Multistage Ultra 2015 ultra-race consists of 84 miles of outdoor adventure. The race is about not just who finishes the fastest, but who has the willpower to make it to the finish line. Will you take on the challenge?

● regonline.activeeurope.com



→ DIARY DATES



FitCamp 2015

13, 14, 15 NOVEMBER

On a mission to enhance your technique? From master classes to workshops, you'll learn everything you need to know to boost your game at this popular event near Blackpool.

● fitcamps.com



On your bike!

22 NOVEMBER

Enjoy the wonderful surroundings of North Norfolk on the Wiggles Royal Flyer ride. Choose between 70 or 43-mile routes and get ready for the spectacular views of the Royal Sandringham Estate en route!

● ukcyclingevents.co.uk



Nuclear nightmare

14 NOVEMBER

The mud will be the least of your worries at the gruelling Nuclear Fallout Brentwood Essex race, which boasts over 60 obstacles designed to push you to both your mental and physical limits.

● nuclear-races.co.uk



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9 920610 140501 >



SUPER SLIPPER

Channel your inner princess with the new Vans x Disney Princess range. The classic shoe shows a more playful, girly side – and we love it.

● From £27, vans.com



POP CULTURE

Meet your new snack obsession. The new 100% natural Honey Bee flavour popcorn from Metcalfe's is sweet enough to satisfy your cravings in a flash.

● £1.59, Sainsbury's



HEALING HERO

It's not just the pretty packaging that makes us love the Apothecary Eucalyptus Muscle Relaxing Bath Soak – it really works, too. Try it after a gym sesh.

● £8, marksandspencer.com



WELL READ

We love her activewear, so we had to pick up a copy of *Inspired* by Lorna Jane Clarkson. The beautiful book is packed with tips, tricks and recipes for healthy living.

● £38, activeinstyle.co.uk



See it, buy it, love it!
Your essential guide to
the month ahead



GO NUTS

Dr Organic's new Virgin Coconut Oil range is free from nasty chemicals and smells gorgeous. We love the Body Oil, which rehydrates the skin in an instant.

● £8.99, hollandandbarrett.com



GET THE TINT

Enough of that caught-in-a-snowstorm look. Klorane Dry Shampoo in Natural Tint adapts to hair colour so brunettes can keep their tresses looking fresh, too.

● £7.50, John Lewis



FRUITY LOOT

We don't think we'll ever get bored of pineapples. So of course we're swooning over this Swatch Exotic Taste Watch. Totally tropical.

● £38, watchshop.com



DREAM CREAM

Use a dab of Dirty Works Radiance Cream underneath your make-up to get a gorgeous glow, whatever the weather's like outside.

● £7, sainsburys.co.uk



smarter skincare

skinade™ is a revolutionary skincare drink that works from the inside out to help rebuild and strengthen the collagen matrix below the skin's surface, boost natural levels of hydration and reduce the appearance of fine lines and wrinkles. Developed by leading UK scientists and manufactured in Britain, skinade™'s unique formulation contains high-grade collagen and essential micro-nutrients feeding your skin from within.



www.skinade.com

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TOP BUY

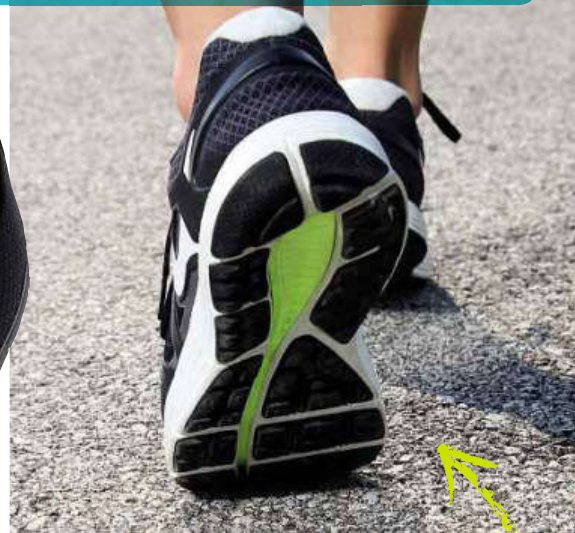
Run the world with gorgeous buys from the StellaSport collection at Adidas. Go starry-eyed with this sports jacket or indulge with trendy trainers and warm, but stylish jumpers, to empower action girls everywhere.

● Adidas Stella Sport Star Jacket, £65, adidas.com

SMARTY PANTS

Sweat it out with these practical running pants developed by X-Bionic. The pants are named after a technique used by the Australian lizard, which collects moisture and distributes it precisely to create a cooling effect. The material is designed to look great, too – no awkward sweat patches!

● From £79.99, ardblairsports.com



WALK NOW, RUN LATER

A study by Ohio State University found alternating between walking and running is the best way to conserve energy and get to your destination on time. So, if your legs feel overworked, take a quick power-walking break.

RUNNING NEWS

Shatter your PB with performance-boosting tips and high-tech kit

DIARY DATE

Supernova 5K
The Kelpies, 7 November
at Helix Park

Light up your running experience by exploring this 5K-route, said to be home to the mythical creatures The Kelpies, which only come out at dusk. You'll receive an LED light to guide you through the darkness, but you're encouraged to come in your flashiest clothes. First one to spot a 30-metre horse-like creature that weighs over 300 tonnes wins? Entries start from just £13.99.

● To enter visit supernovarun.com



PHONE HOME

Upgrade your musical experience with sweat-proof headphones. These clever earpieces are angled and boast in-built magnets to keep them in place, no matter how hard you push yourself. Working out at lunchtime? These headphones have iOS or universal remote control so you can take calls and adjust the track or volume while you pump those legs.

● JBL Synchros Reflect BT Sport ear headphones, £79.99, uk.jbl.com

ESSENTIALS : GEAR UP



DID YOU KNOW?

'At BOOM Cycle you can burn up to 650 calories per class. Its high-intensity factor and specialist choreographed moves ensure a full-body workout.'

Naomi White,
BOOM Cycle
instructor



WHATEVER, WEATHER

Battling unpredictable weather out on your bike? The Howies Shelium Lightweight Jacket is water-repellent to protect you from showers, but also packs down small enough to tuck away into your pocket should the sun decide to show its face. Neat.

● £49, howies.co.uk

STRONGER FOR LONGER

Need help breaking through the wall? Here are our 3 favourite sports nutrition finds



1 WIGGLE NUTRITION HYDRATION TABS

Gonna be a sweaty one? Keep hydration levels topped up

by popping one of these into your water bottle.

● £2.99, wiggle.co.uk

2 MAXINUTRITION FUELMAX GEL

This blend of four carbs will keep you performing at your best from start to finish.

● £35.99 for 24, maxinutrition.com



3 LUCOZADE SPORT ELITE JELLY BEANS

Need a dose of 'go' on the go? A few of these should do the trick.

● £24.99 for 24 packs, lucozadesport.com



CYCLE SCENE

Get extra pedal power with our top cycling tips



HEAD FIRST

Sick of lugging around hefty helmets before or after your ride? The comfy and classic-looking JB Brooks England Special Carrera Foldable Helmet conveniently collapses down after use, so you can pack it away with ease. We're big fans of the cute leather detailing, too.

● £170, brooksendland.com

Jersey Girls

Keep it simple on your cycle by kitting yourself out in a Svelte Cycles Heritage Jersey. Don't let the humble design fool you though – these high-quality jerseys are breathable, sweat-wicking and super-comfortable.

● £60, svelte-cycles.com



WORDS: AMANDA KHOUV

actionforcharity



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events@actionforcharity.co.uk



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ovarian
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action
for charity
lifechangingevents



The fig of it

We've found our new favourite superfood powder! Go Figa is a super blend containing fig powder, chia seeds, raspberry, cinnamon, blackberry, blueberry and glucomannan, all of which will boost your antioxidant levels. We're going wild and sprinkling generous doses into everything: porridge, smoothies and even salad! Yum!

● £14.99 for 100g,
gofiga.co.uk



HEALTH WRAP

Tasty trends and top buys from the world of wellbeing

An eye-opener

A study of 2,000 Brits found that four out of five of us identified vision as the sense they would least like to lose, and as many as a third felt that their eye health has reduced faster than any other body part. If you know you're not consuming enough zinc, omega-3 and leafy greens, which are all important ingredients for eye health, Ocuvite Complete supplements are the next best thing to give your peepers the support they need.

● £14.95, Boots



Did you know?

The average office worker is **more at risk of obesity, high blood pressure and poor circulation from sitting down all day!** But regular movement helps to engage your muscles and circulate blood throughout the body. Avoid back and circulatory issues with Varidesk, an awesome stand-up desk that can easily be adjusted to your ideal working height when sitting or standing. Au revoir, aches.

● From £275, uk.varidesk.com

SKIN HEALERS

Sort out pesky skin troubles with these soothing, smoothing products



MAGIC LOTION

This potent What Skin Needs balm treats dry, damaged or stressed-out skin. A must-buy!

● £13.99 for 75ml,
whatskinneeds.co.uk

A MIGHTY PEN

Suffer from cracked heels? Give them some serious TLC with Carnation's Hard Skin Remover Pen. Soft, youthful feet, here we come!

● £3.99,
carnationfootcare.co.uk



NO MORE BOBBLY SKIN

Say bye-bye to keratosis pilaris, or in-grown hairs, with this miracle worker: the Ameliorate Skin Smoothing Body Polish.

● £19.50 for 150ml,
effortlesskin.com



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- Featuring Glucomannan for Weight Loss Support³
- Delivers added B-vitamins to help reduce tiredness and fatigue
- Interchangeable products – take 3 servings per day for maximum benefit



HYDROXYCUT®

Available at: **ASDA**

¹Glucomannan in the context of a calorie-restricted diet contributes to weight loss. Take with 1–2 glasses of water.

²In a research study, subjects taking the primary ingredient (glucomannan) in Hydroxycut® experienced a reduction in body weight when taken with a calorie-restricted diet.

³When taken as directed (3 times daily) you get 3g of glucomannan per day. Carefully read the entire label before use. Proper nutrition and regular training are essential to achieving your goals. © 2015

WAX POWER

If you're feeling stressed after a long day at work, one of the best tricks is to light a fresh-scented candle to help you unwind. But with Daniele Ryman candles, you can go one better by massaging the candle oil into your temples, neck, back and inside of your wrists and elbows for the complete wind-down experience. There are six different scents including *WF* fave Unwind – a mix of French lavender, petitgrain and mandarin oils.

● £30 for 40ml, danieleryman.com



LOVE LIFE

Hot tips and tricks to boost your energy, style and cash flow

Berry nice

Our new favourite mid-afternoon boost comes from a box of Tetley Super Fruits Boost Teas. Packed full of vitamin B6, which helps to store energy, the clever cuppa is as soothing as it is uplifting. Choose between Blueberry and Raspberry or Cranberry and Elderberry for a sweet and zesty pick-me-up.

● £1.59 for 20 bags, major supermarkets



HOT POTS

These cute Kastehelmi jars are so pretty and versatile, they add a sparkle to any room in your home. Use them to store toiletries or make-up for an instant style-over in the bathroom. Or, to show them off even more, use as serving dishes for dinner.

● From £25, iittala.com



DID YOU KNOW?

93% of women feel sexier and more feminine when wearing heels. We might be a fan of the extra few inches, but there's nothing less sexy than bunions and blisters – so be prepared with Carnations' gel cushions and blister plasters.

● £3.99 and £2.10, firstaidfast.co.uk

Old-school glam

We love this gold-plated, vintage-style Peacock Handbag Dual Mirror from the Charles Mallory Heritage Collection. It's our favourite handbag essential, perfect for those quick face-checks on a night out – or just whipping out for a compliment or two!

● £115, geminera.com



WE LOVE



fit[™]

Created for Women by Women




DANICA PATRICK
PROFESSIONAL
RACE CAR DRIVER

SIX STAR[™]
PRO NUTRITION

Six Star® Fit Lean Protein –
Created for Women by Women

- ▶ **16g of a high-quality blend of isolate proteins –**
2g carbs, zero fat & only 80 guilt-free calories (350 kJ)[†]!
- ▶ **A veggie & fruit blend with flax seed, digestive enzymes and friendly bacteria from GanedenBC^{30™}**
- ▶ **A decadent flavour –** flavoured by experts to ensure a taste that won't disappoint

Danica chooses Six Star® to support her goals¹. Start fueling like the pros with **Six Star® Fit Lean Protein**.

 facebook.com/SixStar  @SixStarPro  sixstarpronutrition

sixstarpronutrition.co.uk

GanedenBC^{30™} is a trademark of Ganeden Biotech Inc. Facebook logo is owned by Facebook Inc.
Read the entire label and follow directions. © 2015

[†]Per one level scoop serving (22g)

¹Protein contributes to the growth and maintenance of muscle mass as part of a healthy balanced diet and lifestyle.



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British
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One of your
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Beetroot is a superfood with lots of different health benefits and is fast becoming the juice of choice for sports and exercise enthusiasts. It's an excellent source of nitrates to help keep you going! Our juice is all natural with no added sugar, preservatives or artificial colours. Made from pure British beetroot it not only counts as one of your 5 A Day but it's also delicious. Available at selected Holland & Barrett stores and online at www.hollandandbarrett.com



LoveBeetsUK



@LoveBeetsUK

lovebeets.co.uk



Eco tracker

Support your fitness and the environment with Misfit Shine's eco edition, the Ekocycle Field Band.

With a strap made from 100 per cent recycled materials, including PET plastic bottles, this stylish little gadget will keep track of your daily movements, and you can upload the data to an app to follow your progress.

● £149.99, harrods.com

ONE FOR ALL

If you're after a hero product to solve all manner of skin problems, we've found just the thing. The Green Balm by Magic Organic Apothecary is a 100 per cent natural healing salve that can be used for all sorts of beauty issues, from stretch marks to cold sores and even to nourish your lashes and nails. Amazing.

● £12.50, moa.london



WE LOVE

GREEN SCENE

Be stylish and sustainable with our planet-friendly tips

Bowl of goodness

For busy bees who don't always have time to cook from scratch, stock up on Amy's Kitchen's delicious veg soups for a quick, healthy fix. There are nine varieties, including Rustic French Country and even Spanish Rice and Red Bean - all of which are suitable for vegans and free from gluten, dairy, soy and lactose!

● From £1.35, ocado.com



BEE HAPPY

Be kind to your skin as well as the environment by opting for Bee Good skincare products. The range includes a cream cleanser, moisturiser and exfoliator containing natural ingredients including wildflower honey, propolis, beeswax and camellina oil - all sourced from Britain. We love the way it leaves skin feeling extra smooth and soft.

● £19.50 for 50ml, beegood.co.uk



GREEN ON THE GO

These environmentally friendly Ecoffee travel cups are making us fall in love with coffee on-the-go all over again. Available in loads of colours and patterns, the cups are made from bamboo fibre with a biodegradable base and should last three to four years with good care. After that? Pop it in your compost and it'll go straight back to nature.

● £8.50, planetorganic.com

CHEAT SHEET: SPELT

A cousin of wheat, spelt is much easier to digest. Plus this whole food is a **good source of fibre, vitamins and minerals**, unlike wheat which tends to lose its nutrients during milling.



FIT FOOD

Nourishing news and nutritional know-how

MIND YOUR MUNCHING!

Too often we eat in a rush or in front of distractions such as the TV or our smartphone. Sound familiar? If we don't give our food our full attention, the brain doesn't register when we are full, which leads to overeating and feeling dissatisfied after a meal. Digestion begins in the brain so start eating mindfully and you'll find you eat less. Bet that got your attention.



GUT FEELING

Q I have recently been diagnosed with ulcerative colitis. Is there anything I can do to help boost my gut strength?

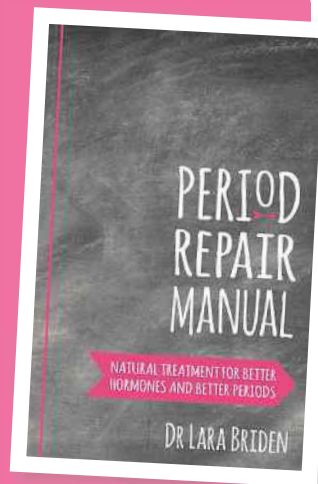
A Make sure you get your vitamin D levels checked by your doctor as many studies show that people with conditions like UC are more likely to have low vitamin D levels. Top up yours the tasty way with salmon, eggs and fortified cereals.

Books we love

Period Repair Manual by Lara Briden

We all know that familiar time of the month when PMT rears its ugly head and we get unwelcome symptoms such as food cravings, pain and mood swings. Author Lara Briden, a naturopathic doctor, helps you to get healthier periods the natural way and includes nutritional advice as well as guides for specific problems such as PCOS and endometriosis. It's an easy to read book that explains clearly what is happening inside your body – a must-read for any woman who wants to understand more about her periods.

● £10.99, CreateSpace. Order at amazon.co.uk







SUPER TIP

Add a vitamin-rich boost to your smoothie with a tablespoon of Naturya's new Organic Fruit Blend. It contains powdered goji, banana, pineapple, açai, hemp protein powder, which means you'll be getting a shot of fibre, vitamin C, potassium and magnesium – great for breakfast or post-training.

● £15.99 for 250g, available at health food shops

ZERO SUGAR 100% TASTE

From Switzerland 

-  Great tasting, long lasting refreshment
-  Sugar free – all of the taste, none of the guilt
-  Only 6 calories per sweet
-  Find Ricola in the confectionery aisle



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www.ricola.com
www.chrutercraft.co.uk

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When you're getting back into sport, don't let sprains, strains and stiffness hold you back. We can support you with pain relief like no other – our unique formula delivers a clinically proven anti-inflammatory exactly where you need it.

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**A unique formula for
Pain relief like no other**

Always read the label

EXERCISE

28 Class on trial // 30 The 7-minute workout // 36 Train like an athlete
39 Test your grip strength // 44 Yoga // 48 #Fit // 50 Love to lift // 51 Reviews

RUN OF THE MILL

Although fresh air undoubtedly has many health benefits, it's no wonder many of us prefer the treadmill rather than pounding the pavements. Anyone with back or joint problems can tell you running on roads carries a greater risk of injury, and of course British weather can be unpredictable at best. So great news for people who hate constantly pressing buttons in the gym! Researchers at Ohio State University have developed a new treadmill that automatically changes speed as you change pace, so you can literally go at your own pace. The design is hoped to become commercial very soon. So, watch this pace...



DO IT YOURSELF

Warm up with some dynamic flow stretching. Then try the HIIT circuits you're used to but with moves you don't usually do. Try combining exercises like lunges with twists (adding jumps if you need the extra challenge), and side lunges while reaching down to touch your toes. Make sure you use the whole body.

CLASS
ON
TRIAL

DeepWORK

Shake off those trainers and prepare to be challenged in Reebok Sports Club's hot and sweaty new barefoot strength class



→ WHAT IS IT?

DeepWORK is part of Iron Sweat – a system that strips fitness back down to its core principles. Over the years, exercise has advanced hugely. There are so many ways of working out now that some of us have bypassed the aspects that are most important: getting healthier and less prone to injury, learning basic movements and using those deep muscles to make everything we do more efficient. DeepWORK uses no weights, is done barefoot and challenges coordination, stability and full-body strength and endurance – no fuss, but loads of sweat and maybe a few days of soreness.

→ WHAT ARE THE BENEFITS?

DeepWORK teaches you to walk before you can run – but this isn't to say it only benefits beginners. Those who excel in one aspect of fitness may not do so in another, so this class works strength, cardiovascular fitness, breathing, relaxation and mobility all at once. The combination of compound exercises in unusual planes of movement, an intense pace and positive energy work together to boost your mood, challenge your muscles and positively affect your metabolism. Looking to get happier, stronger or leaner? Join in!

'The moves wake up muscle groups you probably don't use as much as you should'

→ HOW HARD IS IT?

It's likely that you'll be doing lots of exercises your body won't be used to. There are hardly any recognisable regular gym exercises here. Instead there are loads of challenging new movements that keep your body guessing while waking up muscle groups that you probably don't use as much as you should. In this sense, it's a real challenge, especially teamed with the high-intensity aspect of the class. There's very little time given to rest so you'll be sweating insane amounts and seriously feeling the burn – the intensity isn't that different from that of a fast-paced circuits class.

→ WHERE IS IT?

DeepWORK currently runs at the Reebok Sports Club for members. Daily passes for friends of members are £20, reebokclub.co.uk.



→ AMANDA'S VERDICT

If you're fed up of doing the same old exercises in different classes,

DeepWORK is a great class to try. It includes loads of unusual moves that challenge the body purely through shocking it. You can feel it working during the class and you can definitely feel it afterwards, too! It's well worth adding to your routine.



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USN, BRING YOU THEIR MUCH AWAITED
GYMWEAR & CLOTHING RANGE. DISCOVER
THE FULL COLLECTION AT USN.CO.UK



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EXERCISE : SPEEDY SESH

'This high-intensity form of training is popular for a reason, but you need to work hard if you want to see those results'



Sculpt in 7

Your best body in less than 10 minutes, you say? It can be done – Wahoo's 7 Minute Workout app shows us how

HOW TO DO IT

Perform each move for 30 seconds at a time with a 10-second rest between each. Try to do as many reps as possible in 30 seconds. Keep going for seven minutes in total.

Whether you're a full-time mum or busy office worker, we're pretty sure a short and sweet workout you can get done in under 10 minutes will sound appealing.

Well, good news, it can be done. If you're prepared to go hard and give it your all, it is possible to have an effective workout in just seven minutes.

And with Wahoo

Fitness's 7 Minute Workout, which combines aerobic and resistance training to work your heart as well as your muscles, you don't even need to leave the house to make it happen.

This high-intensity form of training is popular for a reason, but you need to work hard if you want to see those results.

Try the workout here to reap serious rewards asap!



EXERCISE : SPEEDY SESH

SQUATS

Areas trained: **BOTTOM, QUADS**

Technique

- Stand with your feet slightly wider than your hips and your toes pointed slightly out.
- Keeping your back straight, bend your knees and bend at your hips to lower until you are parallel with the floor.
- Push back up to the original standing position and repeat.



STEP-UPS (ONTO A CHAIR)

Areas trained: **BOTTOM, LEGS**

Technique

- Stand in front of the chair.
- Step up onto the chair with one foot, followed by the other.
- Pause and then step off with the opposite foot first.
- Repeat, changing sides with each rep.



SIDE PLANK

Areas trained: **CORE, SIDES**

Technique

- Form a straight line with your body on its side, resting on one forearm with your feet stacked on top of each other.
- Hold for 30 seconds.



HIGH KNEES

Areas trained: **LEGS, BOTTOM, CORE**

Technique

- Run on the spot, lifting your knees as high as possible.
- Swing your arms as if you were running normally.



SAFETY TIP
Keep your shoulders back and posture strong throughout

TRICEP DIPS

Areas trained: **TRICEPS**

Technique

- Sit on a chair with the heels of your hands on the edge.
- Slide your bottom off the seat and support your weight with your hands.
- Bend your elbows back and slowly

lower your bum toward the floor while keeping your elbows tucked in.

- Push back up to the start and repeat.



SAFETY TIP
Try not to strain your neck – keep your neck and spine long

'You don't even need to leave the house to make it happen'





GET THE LOOK

CLOTHING: Adidas bra, £30, adidas.co.uk; Fabletics capris, £52, fabletics.co.uk; Nike Air Zoom Elite 8 trainers, £100, nikestore.com
KIT: Mat, yogamatters.com

LUNGE

Areas trained: **LEGS, BOTTOM**

Technique

- Stand with your shoulders back and relaxed, and your chin up.
- Take a large step forward with one foot.
- Bend both knees to about a 90-degree angle, with your back knee just above the floor.
- Push back up to the starting position, then repeat on the opposite leg, alternating legs with each rep.

SAFETY TIP

Keep your torso upright throughout



HOT TIP

Try not to pause between each jump to really raise your heart rate



JUMPING JACKS

Areas trained: **BOTTOM, LEGS, CORE**

Technique

- Start with your feet together and arms at your sides.
- Slightly bend your knees and jump up in the air.
- As you are jumping, kick your legs out and bring your arms up and out to form a 'star' shape.
- Land softly and repeat the exercise.

PRESS-UP ROTATION

Areas trained: **CHEST, TRICEPS, CORE, SIDES**

Technique

- Starting in a plank position with your hands directly under your shoulders, bend your arms to lower your chest toward the ground.
- Push back up to the start.
- At the top, rotate your body into side-plank position with one arm on the ground and the other extending toward the ceiling.
- Rotate back to plank position.
- Repeat, this time rotating to the opposite side, continue to alternate with each rep.

'If you're prepared to go hard and give it your all, it is possible to have an effective workout in just seven minutes'



SAFETY TIP
Don't let your hips drop lower than the rest of your body



TIME UP

Too exhausted to count reps and can't remember the moves? Try these solutions...

- Download the free Wahoo Fitness 7 Minute Workout App
- Get the Wahoo Fitness TICKR X Workout Tracker, which pairs with the app via Bluetooth and prompts the

user for each exercise, timing the effort and counting the reps before moving on to the next. Users can then review their data post-workout.
£79.99,
uk.wahoofitness.com



DO IT LIKE A PRO

Check out the classes and programmes our sports heroes use to stay at the top of their game

It still feels like yesterday that sports fans and every day spectators worldwide were gripped by Olympic fever.

But 2016's Games are less than a year away, so we're once again turning to our athletes for inspiration. Newsflash: you don't have to be an athlete to benefit from expert training methods. We've rounded up some of the hottest athlete-orientated sessions to help you train like a pro. Rio, here we come!



1 ROLL WITH THE PUNCHES

Train2Win

If you're up for trying something different from your ordinary gym workout while taking things to the next level, then it's worth checking out boxing programme Train2Win. Brought to you by strength and conditioning coach Dan Lawrence and British boxing champ George Groves, the detailed 10-week programme is designed to improve strength and mobility across all levels. There are three levels to choose from – beginner, intermediate and advanced – so whether you're looking for a fun but structured method of training or you're keen to brush up on your boxing skills, rest assured that you'll be challenged throughout the course. The 10 weeks are broken down into four 'blocks' to focus on a particular area of fitness: two weeks of general prep, four weeks of strength, two weeks of speed and strength, and two weeks of speed and endurance. Channel your inner Pacquiao!

■ £125, train2winboxing.com

2 HIT THE STREETS

RunFit

Keen runner? Tighten up your technique with RunFit, an exercise programme designed by leading sports physiotherapist Neil Maclean-Martin. As a competitor and experienced physiotherapist to many elite trail runners, Maclean-Martin offers a programme that identifies imbalances, improves strength and technique and helps to prevent injuries. RunFit focuses on the details of your form and technique but in a simple, digestible way; the programme is broken down into eight sub-sections, which are grouped into three parts – Screening, Prehabilitation and Core work, Track Drills and Extras

(steps, sand and barefoot running) – with videos to accompany each stage. There are also progress sheets that you can download to keep track of your improvements. So whether you go on regular jogs or you're training for a marathon, RunFit's exercises and drills will have you running more effectively for a new PB every time.

■ £9.99, befitapps.com/runfit

3 JOIN TEAM GB

Fitness First Pro Athlete Version 4

What better motivation to perform as well as an athlete than to do a class designed by Team GB themselves? Fitness First Pro Athlete is an intense 40-minute full-body workout class designed to push you to the absolute limit. The class focuses on five key fitness disciplines that all athletes require: speed, endurance, power, agility and strength. These are doled out in three phases: training, competition and teamwork, working together to achieve the best possible results. Want to be a pro? Then prepare to think, train and sweat like one!

■ Membership applies, fitnessfirst.co.uk

4 JUMP!

Les Mills Body Attack

The 55-minute Body Attack class combines athletic aerobic movements with strength and stability exercises to get you burning an average of 735 calories per session. Inspired by athletic training programmes, the workout aims to improve your speed, fitness, strength and agility. How? A warm-up of simple aerobic moves is followed by two high-energy peaks then conditioning for the upper then lower body. Get involved!

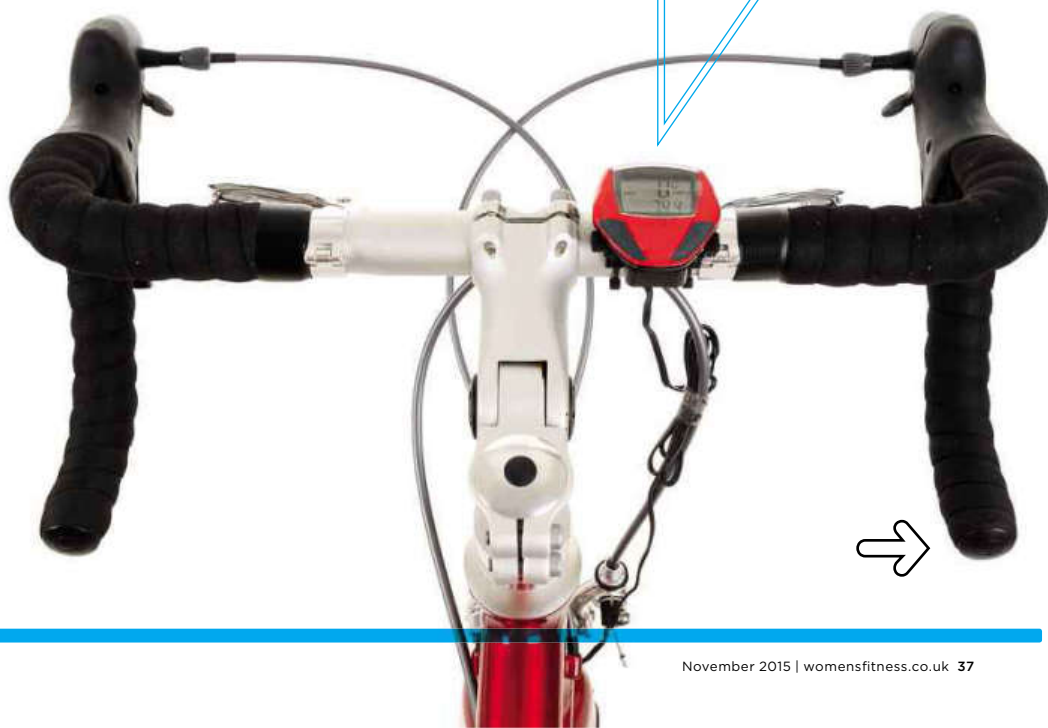
■ Classes in gyms nationwide, lesmills.com

5 GO FOR A SPIN

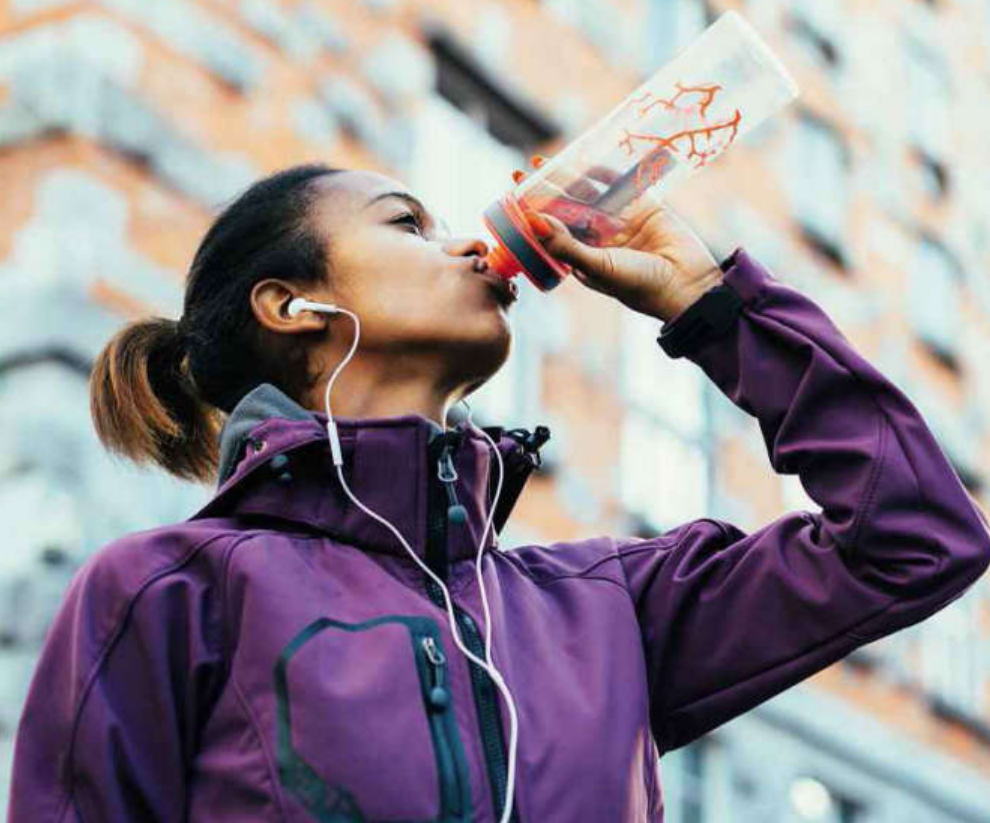
Pendleton x Fitness First

Take your spin sessions up a notch and upgrade your class to Victoria Pendleton's Pro Cycling at Fitness First. You can choose from three different classes: The Team Sprint, which focuses on power with 15-second sprints at a high resistance; The Individual Sprint, which involves speed interval training with a race at the end; and The Keirin, which tests your endurance with longer bursts of interval training and shorter recovery periods. All three classes are inspired by Pendleton's training programmes, technique, events and even her personal motivation – the sessions are set to some of her fave tunes. So, fancy an intense 30 minutes of Pendleton-peddalling?

■ Membership applies, fitnessfirst.co.uk



EXERCISE : ROAD TO RIO



FUEL YOUR PERFORMANCE

These gym-bag snacks will keep you going for longer

Hit it

Quench your thirst without adding a load of sugar and calories with Vit Hit.

£1.45, superdrug.com



Pro pots

We can't get enough of these fat-free Arla protein pots. Our fave flavour is blueberry!

£1.25 for 200g, tesco.com



Set the bar

Always have a Clif energy bar in your gym bag: the protein, fibre and vitamins will all keep you going!

£14.29 for 12 bars, wiggle.co.uk



6 SADDLE UP Rowe & King

If you take your cycling pretty seriously or you're preparing for a big race, you might want to up your game by recruiting the help of cycling champs Luke Rowe and Dani King. The professional cyclists' coaching company, Rowe and King, offers two packages: RK1, a monthly subscription that offers a daily training plan plus a continuous and in-depth feedback; and RK2, a prescribed training plan via spreadsheet. All coaching is managed by top cycling professionals and experts so you'll be in good hands throughout your training experience.

From £375, roweandking.com

7 EMBRACE YOUR CRAZY Mayhem

With an impressive client list, that includes renowned British UFC Fighter Jimi Manuwa as well as many England Rugby and Football players, Richard Tidmarsh is one of the leading strength and conditioning coaches in the UK and has created a great range of high-octane group workouts at his London gym Reach Fitness. Inspired by mixed martial arts, rugby and other athletic training, the Mayhem workouts focus on advanced strength, power and conditioning exercises to push your body to a whole new level. Warning: this is not one for the faint-hearted.

Membership applies, r4reach.com

TEAM AWESOME

Look the part with this top gear from the athletes themselves



Cycle with Chris Hoy

This Chris Hoy x Vulpine El Toro Bib Shorts is as slick as it looks with top-of-the-range technical fabric and padding just where it counts for long rides.
● £59.99, evanscycles.com



Go the distance with Scott Unsworth

StretchSkn, DryFast and Kompress technology make this Orca 226 Kompress Race Suit for triathletes a surefire winner.
● £76.30, wiggle.co.uk

Run with Ronald Hill

This Ronhill Women's Trail Tee has mesh panels for ventilation, Vapourlite wicking fabric and two stash pockets. We absolutely love it!
● £38, ronhill.com



Get a grip with Chris Boardman

Gel padding and Qwick-Dri fabric means less vibration and more comfort with these Boardman Cycle Mitts.
● £19.99, halfords.com



Stand out like Serena Williams

Impress the crowd (or your pals) with Serena Williams' NikeCourt Flare Tennis Shoes. Court shoes get a whole new meaning.
● £135, nike.com



Get a grip

HOW TO DO IT

Split the workout into two circuits each consisting of four moves. Perform the allotted reps of each move in one circuit then move straight onto the next without a rest. After one set of all moves has been completed, rest for 1 minute then go back to the start and repeat. Once one circuit is finished, rest for 2 minutes then move on to the second.

Beginner: 2 x 10 reps/20 secs

Intermediate: 3 x 10 reps/30 secs

Advanced: 4 x 10 reps/30 secs

If a stronger grip means a stronger heart, we're in! Try this weights workout and slash your risk of cardiovascular disease

Leg day, abs workouts, cardio sessions... there are loads of ways we can focus our workouts, but when was the last time you went to the gym and paid attention to how well you were *gripping*? It might be time to start, according to new research published in *The Lancet*.

The study, which looked at over 14,000 participants, found that weak grip strength was a good indicator of increased risk of cardiovascular disease.

That's not to say that we should all buy ourselves a pair of hand-grip trainers and be done with the gym.

Grip strength is an indicator of overall muscular strength, which we know promotes a healthy metabolism and body fat percentage. So, next time you hit the dumbbells, barbell and kettlebell, remember the good you're doing your heart and push yourself that bit harder.

The workout here features exercises that really challenge grip strength, while working the entire body from head to toe to build overall strength and shed fat. Use the most challenging weights you can manage with good form and you can't go wrong.



EXERCISE : HOLD TIGHT

FARMER'S WALK

Areas trained: **BOTTOM, THIGHS, CORE**

Technique

- Hold a dumbbell or kettlebell in each hand and walk for around 200m as fast as you can without stopping. This is a full set.



SAFETY TIP
Stand tall throughout and relax your shoulders

DEADLIFT

Areas trained: **BOTTOM, THIGHS, LOWER BACK**

Technique

- Push your hips back and bend your knees to take hold of a barbell on the floor.
- Push your heels into the floor and extend your legs and hips to return to the start.
- Lower and repeat.

SAFETY TIP
Keep your back flat and your gaze forward



WALKING LUNGE

Areas trained: **BOTTOM, THIGHS, CORE**

Technique

- Hold a pair of dumbbells by your sides.
- Take a large step forward, bending both knees to about 90 degrees with your back knee just above the floor.
- Extend your legs to take another step forward straight into another rep.

SAFETY TIP
Keep your torso upright and try not to bend to one side



ECCENTRIC CHIN-UP

Areas trained: **BACK, BICEPS, CORE**

Technique

- Stand under a pull-up bar.
- Jump up to grab the bar, holding yourself at the top of a chin-up position with your chin above the bar – start on a box or step if you can't reach the bar
- Lower yourself as slowly as possible until your arms are straight, maintaining slight tension in the shoulders while fully extended at the elbows.
- Repeat.



SAFETY TIP

Keep some tension at the bottom to keep the whole body engaged

STRAIGHT-LEG DEADLIFT

Areas trained: **BOTTOM, HAMSTRINGS, LOWER BACK**

Technique

- Keeping your knees soft, but legs straight, hinge at your hips to take hold of a barbell on the floor.
- Push your heels into the floor and return to an upright position, keeping the barbell close to your body as you do so.
- Lower and repeat.

SAFETY TIP

Don't lock out your knees completely



PLATE PINCH

Area trained: **GRIP**

Technique

- Hold a heavy plate in each hand by your sides *without* using any available handles.
- Hold for 30 seconds.



SAFETY TIP

Stand tall throughout and don't let your shoulders hunch

SHOW YOUR HEART SOME LOVE



Team your workout with some heart-healthy supplements for an extra boost

1 BioCare Mega EPA Forte

Help your heart stay in top shape with a super-potent, high-quality fish oil, which also works wonders for vision, joints and brain health.
 • £22.36, biocare.co.uk



2 Vitabiotics Ultra Co-Q10

As well as being used to up energy levels for training, co-enzyme Q10 is also said to boost heart function.
 • £13.95, vitabiotics.com



3 Quest Vitamins Kyolic Garlic

This odourless and organically grown garlic supplement increases heart health, circulation and healthy cholesterol.
 • £8.89, revital.co.uk



A little assistance



1 SmartShake

A SmartShake allows you to carry a drink as well as healthy snacks and supplements in its patented storage compartments. Choose from the Original or Slim model. SmartShakes are completely BPA-free and available in a variety of funky colours at Superdrug stores nationwide and online. From £8.99.

● smartshake.co.uk

2 SixStar® Fit Lean Protein

Start fuelling like the pros with this great-tasting protein from Six Star®, created for women by women! Fit Lean Protein contains 16g of a high-quality blend of proteins with only 2g carbs, zero fat and only 80 guilt-free calories per serving. RRP £14.98.

● asda.co.uk

3 Gym Bites

Are you trying to maintain a healthy diet alongside a hectic work and social life? Or are you tired of tasteless post-workout shakes and bars? Then Gym Bites' nutritious and delicious salad jars of goodness are perfect for you. Made with fresh ingredients, each one is under 400 calories. Look for the unique packaging and Grab A Bite at Selfridges Food Hall for £5.99.

● gymbites.co.uk

Staying in shape takes some dedication – but it doesn't have to be that hard! These goodies are designed to make achieving your health and fitness goals that little bit easier



4 ***Skechers GO Run Ride 4***

The next generation of Skechers GO Run Ride has enhanced Resalyte cushioning to help you go the distance. It's comfortable and stylish, with a synthetic and mesh fabric upper and translucent stabilising detail. Available online and at Skechers stores. RRP £77.

● [skechers.co.uk](https://www.skechers.co.uk)

5 ***Fortified Supplements Carb Killer***

The main ingredient in Fortified Supplements' Carb Killer is white kidney bean extract. This is effectively a carbohydrate blocker, which stops some of the unwanted fats from fatty foods entering the bloodstream to prevent the fat storing processes. You'll get a free shaker bottle with all orders. RRP £14.99.

● [fortifiedsupplements.co.uk](https://www.fortifiedsupplements.co.uk)

6 ***Fortified Supplements Diet Whey Protein***

Fortified's Diet Whey Protein isolate was developed using ingredients shown to aid weight loss, such as matcha tea, which is 10 times the strength of green tea and has 137 more antioxidants. Each serving has just 0.3g sugar, 0.1g fat, 122 calories and a huge 30g protein. RRP £34.99.

● [fortifiedsupplements.co.uk](https://www.fortifiedsupplements.co.uk)

Strike a pose



What do you get when you team voguing with yoga? Yoga, of course!

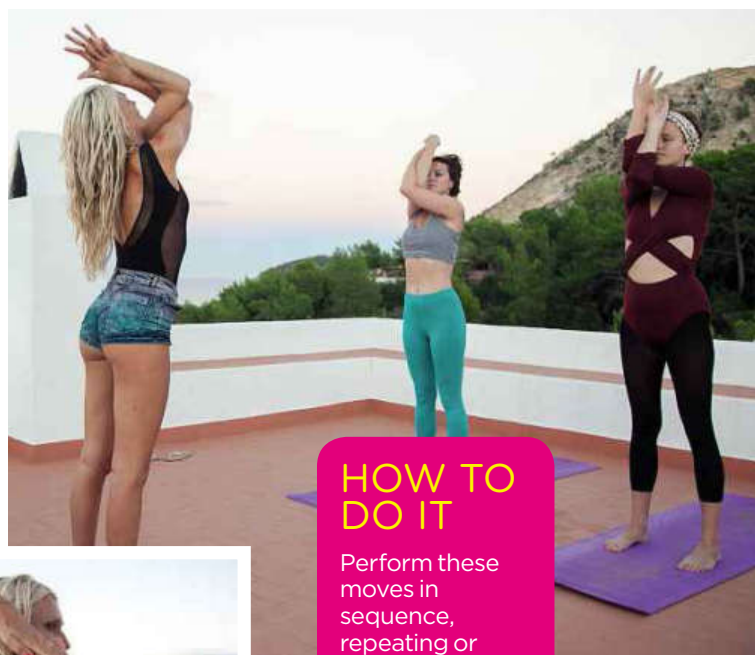
If you're into yoga, you've probably heard about the latest trend to hit the scene: **Voga**. The best way to explain it is to think of yoga with a pinch of attitude. Fun, right?

Plus, Voga is set to an awesome '80s soundtrack. We're sold.

But aside from being fun and fabulous, Voga is also an awesome way to get super-fit without even thinking about exercising. 'It's fast becoming an international dance and workout craze,' says Voga founder Juliet Murrell. 'Think iconic soundtrack and dreamy disco combined with the

breath-synchronised movement of yoga, expressive moves of dance and fusion of power and strength.' And if you thought Voga was only for the likes of Madonna in her heyday, think again: it really is for everyone. 'All ages and fitness levels are welcome,' adds Juliet. 'It offers everyone the chance to work out in their most stylish outfit while bringing nightlife-cool into the realm of sweat and Lycra.'

If you want to bring nightclub vibes to your own workout, try Juliet's Voga workout here. Why not get a group of friends together and make a night of it?



HOW TO DO IT

Perform these moves in sequence, repeating or holding for the breaths/counts stated.

Beginner:
5 reps per side

Intermediate:
10 reps per side

Advanced:
20 reps per side



SPHINX

Technique

- Start in warrior II with left foot turned out, right foot parallel to the back of the mat. Extend arms out to the sides away from your body and lower the left knee to a right angle, shifting your weight this way.
- Add 'Voga Xpress' to the hands by flexing from the

- wrists and pressing away to the sides over four counts.
- Place the right hand on the lower back and sweep the left hand up and over your head until you can touch the fingers to the right shoulderblade, elbow to the sky, creating a triangular supported silhouette (also over four counts).
- Focus your gaze to the left elbow.
- Find the flow back to Voga Xpress on beat and find the meditative power of repetition with alignment.



SAFETY TIP

Keep the spine long and extended toward the ceiling, keeping a good posture throughout



LIGER

Technique

- Kneel, sitting on your heels, and slide your right leg out to the side, keeping your tailbone on your heels.
- Rest over your thigh and drop your head,

- reaching your left hand out into the centre of your mat, planting behind.
- Over four counts, arc your right arm up and over the body as hips and chest open forward.

- Replant your right hand on the ground, then move the left to its original spot. Repeat.
- Use the heat of the body to open up a little more every time.



HOT TIP

Really focus on opening the hips and chest



DISCO KAT

Technique

- Place your hands beneath your shoulders, and your knees beneath your hips, creating a stable table-top pose. Inhale.
- Exhale as you begin to circle the hips for four counts. Think about transferring the weight to each of the four points touching the ground as you circle. Allow your whole body to engage with the movement.
- Repeat in the opposite direction. Listen to the music and lose yourself to the beat.

SAFETY TIP

Make sure shoulders are directly stacked on top of hands and hips on top of knees



GET THE LOOK

CLOTHING: Lija bra, £35, lijastyle.com;
Roxy Fitness leggings, £42, roxy-uk.co.uk
KIT: Mat, yogamatters.com

CENTAUR

Technique

- Plant feet wide apart with toes turned out.
- Place your hands on your thighs just above your knees and begin to slide from side to side with confidence and style.

SAFETY TIP
Keep your back strong and flat



PEACOCK

Technique

- Balance on your toes.
- Lengthen your right leg out to the side, foot flexed; maintain focus and balance as you open your chest forward.
- Keep your shoulders dropped; reach arms away behind your body.
- Add sass and shoulder movement up and down/side to side for five breaths. Breathe into your sense of inner vogue.

SAFETY TIP
Keep your shoulders back and don't round the upper back



KINGFISHER

Technique

- Sit on your heels and drop your hips to the floor to the right side. Place your left foot flat on the floor on the outside of your right knee.
- Wrap your right arm around your left knee, drawing yourself in to the centre line.
- Swing your left arm around your head and strike a pose: alternate arms, swinging your right arm around your head and placing your left arm over your left leg. Apply gentle pressure and open your hip.
- Allow a little movement in the lower lumbar spine. Inhale for movement, exhale to pose. Move to the beat.

SAFETY TIP
Keep the sternum forward, spine strong and aligned

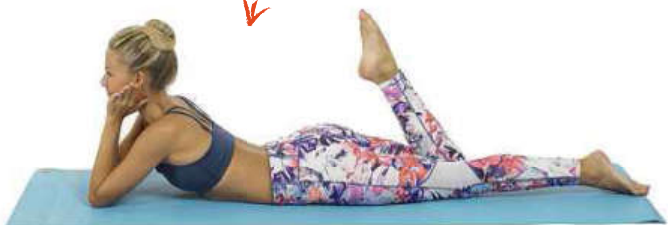


MERMAID

Technique

- From kingfisher pose with your right knee pointing to the sky, swing your right leg round and back so it's flat on the floor.
- Cup your chin in your hands, balancing on your elbows.
- Pulse your right leg back on the beat 10 times.
- Repeat on the opposite side.

SAFETY TIP
Keep spine lengthened throughout





Meet the New Vitamix S30

The new Vitamix S30 quickly blends fresh, whole ingredients into breakfast, lunch and dinner. The S30 comes with two containers—a 600 ml blend-and-go beverage bottle with flip-top lid and a 1.2 litre container for small batches of soups, sauces, frozen desserts and more. Now high-performance blending fits easily into any home kitchen. Available in a wide range of colours including Red, Brushed Stainless, Cream, Black, White, Daybreak Blue and Sour Apple Green.



www.vitamix.co.uk



Good stretch

Comfort is key to USA Pro's new yoga range, which features a seamless fabric – perfect for going with your flow.

From £19.99, usapro.co.uk

#FIT

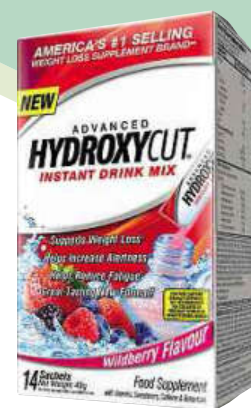
The kit, gear and accessories we can't get enough of this month



Hit the spot

Roll out those hard-to-hit knots and niggles with the Trigger Point Massage Ball – a true combination of heaven and hell rolled into one. Ouch!

£21.99, physicalcompany.co.uk



Support your goals!

Looking for an added boost for your diet and exercise plan? Hydroxycut Instant Drink Mix comes in a tasty Wildberry flavour and helps support your weight-loss goals.

From £14.97, Asda

Go gadgets

Upgrade your run by taking a Garmin Forerunner 225 out with you. The clever GPS running watch also measures heart rate without a fiddly chest strap.

£239.99, garmin.com



Down under

Still sticking to your normal pants while working out? Bjorn Borg's Active Underwear has all the stretch, comfort and ventilation you need. You'll never go back.

From £13, bjornborg.com



Socks appeal

Functional socks just got a makeover: the Happy Socks Athletic Collection has arch support, cushioning and compression – but best of all, crazy designs.

£14, happysocks.com

Walk the walk

Don't let blisters or aching feet hold you back on that upcoming walk, trek or hike. Sole Footbeds will reduce risk of injury and boost comfort. Happy feet.


£38, yoursole.co.uk




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Dead **STRONG**

Want to boost your muscle power and get better at everything you do in the gym? Perfect one of the three big lifts: the deadlift

Never tried a deadlift before?

You're missing out. 'You need to be doing this move,' says Richard Tidmarsh, lead trainer at London's Reach Fitness.

'It works pretty much every major muscle group, hitting your back, glutes, legs and core. So, if you get it right, it'll improve posture and strength – and, with time and the right training plan, will be a huge weapon in

your armoury to add lean tissue to your body.'

Here at WF, we've long been advocates of lifting weights, but you'll only reap the benefits if you get it right. 'Awful form, wasting time on isolated movements and using weights that are too light or too heavy are all common mistakes,' says Richard.

So, start with a weight you are comfortable with to get your form right, and let's get going!



SAFETY TIP

If you have poor spine and hip mobility, you will not be able to get into a good lifting position. So work on these areas of movement before even considering doing this lift



MEET OUR EXPERT

Richard Tidmarsh is the owner and lead trainer of Reach Fitness London and trains international athletes such as UFC fighter Jimi Manuwa, as well as celebs such as Jessie Ware and Millie Mackintosh. Check out Reach at r4reach.com or follow Richard's Twitter and Instagram @RichTidmarsh for news on his upcoming training events and seminars.

DEADLIFT

Areas trained: **BACK, HAMSTRINGS, GLUTES, CORE**

Technique

- Set up behind the bar with it touching your shins. Hinge at your hips and knees taking a grip a little wider than shoulder-width apart. With your weight in your heels and your spine long and straight, prepare to lift with your chin in a neutral position.
- Now, with a deep breath in that you will hold during this phase, push down through the floor with your heels and drive up with your hips and legs to lift the bar. Maintain a straight spine with your shoulder blades pulled together and keep your core and back engaged.
- Finish the lift by locking out to full hip extension and standing up straight with the bar tight against you, your back and glutes engaged.
- Reverse the movement to return the bar to the floor, maintaining the positive spine position.



POOR ★★☆☆☆ GOOD ★★☆☆☆ VERY GOOD ★★☆☆☆ EXCELLENT ★★☆☆☆ OUTSTANDING ★★☆☆☆

8 WEEK BODY TRANSFORMATION

Andreia Brazier

► £29.99, amazon.co.uk

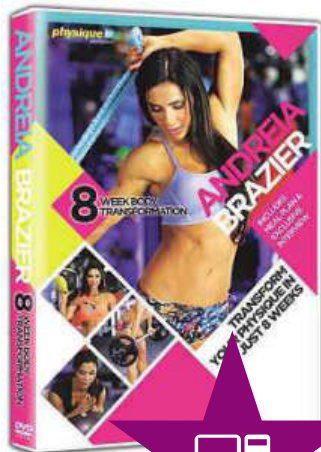
Andreia Brazier, three-time Diva Fitness champ at the World Beauty Fitness & Fashion show, demonstrates a range of 46 exercises across eight weeks that will transform your body. The DVD is easy to follow so you don't forget where you left off – each chapter spans one week, with one chapter devoted to a nutritional plan. Designed for beginners, the workouts are simple and follow a warm-up/main event/cool-down format, and up the intensity as the weeks go on – expect basic moves such as lunges, squats and bridges. Each exercise takes 10-15 minutes and

everything is equipment free so you can do it at home no problem!

STAR RATING:

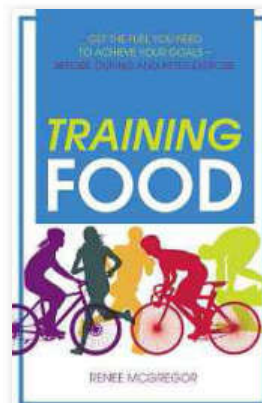
★★★★★

Marianne Seymour



The call club

Skype has made it a whole lot easier for busy bees to work out. Joining the Skype Fit Club means you can have a one-on-one or group video call with a personal trainer from the comfort of your own home. There really are no excuses left!



TRAINING FOOD

by Renee McGregor

► £10.99,

amazon.co.uk

Whether you're an athlete, training for a one-off event or a regular gym-goer who leads a busy lifestyle, it's important to differentiate between healthy eating and fuelling yourself properly to train. This is exactly what *Training Food* helps you to understand. The book is broken down into four main chapters, with Renee McGregor explaining the science behind how much fuel your body needs and which foods you should be choosing, and then tailoring this information to your sport/fitness plan. For example, we learn that 10 jelly beans provide the same amount of carbs as 300g sweet potato – and, depending on your sport and when you need the energy, either can be beneficial! We love the recipes at the back, too – a great way to make fuelling your training easy and tasty!

STAR RATING:

★★★★★

Lisa Nguyen

Reviews

All the latest releases tried and tested for you by team WF

READER REVIEW

BITERUNNER

► £1.49,

App Store

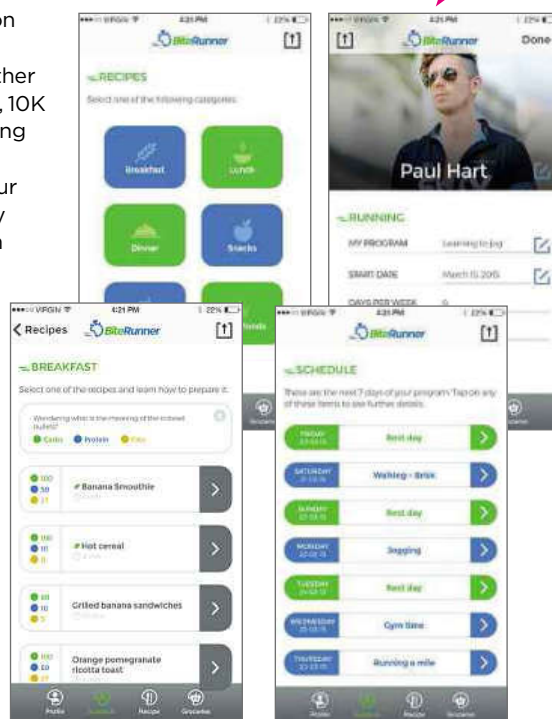
If you're gearing up for your next half marathon or triathlon this summer, download the new BiteRunner app. This exclusive add-on can be coupled with cycling and running performance-tracking apps such as Strava to help improve your

training and nutrition with personalised programmes. Whether you're running a 5K, 10K or marathon, knowing exactly how to fuel before and after your efforts can be tricky – you can't out-train bad nutrition. BiteRunner will make sure your meal plans are not getting in the way of your results by maximising your performance with daily recipes full of essential nutrients and vitamins, based on your level of fitness and length of training.

STAR RATING:

★★★★★

Camille Bienvenu



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Charlie Webster wears Skechers GOrun 4 to run more efficiently. Designed with a virtually seam-free upper and our Mid-Foot Strike Technology, these shoes will help you get your miles in.

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RUN YOUR City!

- 56 What's your running personality?
- 60 Your race day kit
- 65 Top running workout
- 68 Hot new run fashion

READY, SET RUN!

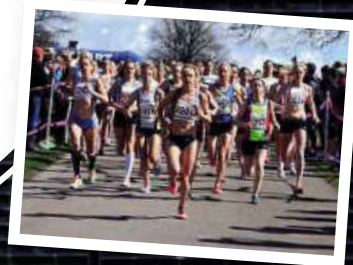
We've got everything you need to boost your running game this month. From great events and hot new kit, to strength workouts and stylish looks for your pavement-pounding wardrobe, we've got you covered whatever your goals or distance. See you at the finish line!

In association with



WHAT TYPE OF RUNNER ARE YOU?

There's a whole set of sub-species
pounding the pavements out
there - which one are you?



Running is a sport everyone can get into.

You just need to buy a decent pair of trainers and a sports bra, put one foot in front of the other and off you go. But despite the common ground we runners inhabit, we're not as similar as you might think. From different goals and techniques to the levels of experience and even enjoyment, runners have sets of distinguishing characteristics that divide us into sub-species. So what kind of runner are you?

1 THE MARATHON TRAINEE

Serious and committed to your 26.2-mile goal, you have rock-hard determination. Your cupboards are stocked with sports gels and jelly babies, you're wearing gait-analysed footwear and you refuse to run with anyone other than a fellow marathon trainee.

HOW TO SPOT YOU

It's obvious by your facial expressions - a look of steely willpower. You're there to succeed.

TIP FROM THE TOP

'Treat your running schedule like a full-time job by never missing a training session,' says Lee Pickering, personal trainer for DW Fitness Clubs. 'Have a clear plan of what you want to achieve, including milestones to reach along the way, but be realistic - you probably won't be able to tackle a 13-miler in your first month of training, but you should be able to by the third.'

2 THE BAREFOOT RUNNER

Running can get a little monotonous, but not for you. With one eye on the latest trends, you'll try anything to ensure you're not missing out on a great running trick. As the 'hippie of the running world', you don't care if it's wacky - you'll give it a whirl.

HOW TO SPOT YOU

You'll be wearing shoes that resemble space boots, designed to mimic the natural foot position - or you might not be wearing any shoes at all. Just watch out for the smashed glass in the park, or you'll be out of action for weeks.

TIP FROM THE TOP

'If zany, tie-dye leggings weren't enough for you, challenge yourself with a reverse run,' suggests Lee. 'Instead of running forwards you run backwards. Be careful not to do this anywhere you could put yourself or others in danger. There are plenty of backwards runs around the country, so find one in your local area and get going.'

3 THE NEWBIE RUNNER

You are the definition of 'all the gear, no idea', but other runners will admire your willingness to have a go. You may feel like you're about to have a heart attack by your fourth minute in, but keep going. It'll get easier with time.

HOW TO SPOT YOU

You'll probably begin by running too fast because you didn't pace yourself, then you'll stop and walk for a while to catch your breath.

TIP FROM THE TOP

'Choose the right running shoes,' says British Athletics endurance coach David Harmer. 'Choosing a shoe that works with your foot mechanics, comfort preferences and training needs is a key starting point for every runner. Nike stores or any other reputable running specialist retailer will provide gait analysis for free.'



4 THE RUNNING CLUBBER

You just can't wait for Saturday! But not because you'll be hitting the dancefloor. No, it's because you'll be in your local park at 9am for parkrun.

And on Monday and Wednesday you'll head out with the gang at the Harriers for a run before dinner, and on Friday you'll catch up with an old mate from the Striders for a 10-miler.

HOW TO SPOT YOU

At parkruns and clubs across the land, walking around talking to everyone before the race. Like a 'local' in the Queen Vic.

TIP FROM THE TOP

'Try running with different people or groups at your club,' says David. 'Running with a new group that trains at a faster pace will challenge you to go quicker and further than usual.'

5 THE FAIR-WEATHER RUNNER

Not one for getting your hair wet, you don't mind the odd outdoor jog, on a Monday, in a month with the letter Y in it, if there's a full moon. But one glimpse of a thundercloud and you'll head indoors to Zumba. Jogging round the park four times a week bores you senseless; you've already named all the ducks in the pond to entertain yourself.

HOW TO SPOT YOU

You're the one who runs for 10 minutes, then heads down the gym for a spin class instead.

TIP FROM THE TOP

'High-intensity or circuit training classes are a good option for you,' says David. 'Multiple joint exercises that get the heart rate up followed by short recoveries will challenge you, just like a fartlek run or hill training session.'



6 THE 'ACTION WOMAN' RUNNER

You are in total ultra territory. In fact, we feel a bit silly talking to you about running, as you practically invented it. You've got at least six marathons under your belt, and a couple of triathlons too.

HOW TO SPOT YOU

Mostly seen running up mountains wearing a backpack stocked with energy drinks, torch, map, tent and some Kendal mint cake – in case you're out so long you decide to put up a tent and stay the night.

TIP FROM THE TOP

'Don't neglect strength and conditioning work in favour of extra mileage,' says David. '10 minutes of muscle activation and core exercises pre and post-run is a good way of incorporating conditioning that could keep you on the road and off the treatment table.'

7 THE WEIGHT-LOSS RUNNER

Maybe your wedding is on the horizon, you want to look better in a bikini, or your smug friend Laura lost two stone by pounding the pavements three times a week and now you're on a mission to do the same.

HOW TO SPOT YOU

You'll have the same determined look as the 'marathon trainee' but your runs will be shorter. You'll also know the calorie content of a banana.

TIP FROM THE TOP

'Burn more calories by alternating speeds and intensities,' says Lee. 'Choose a route or treadmill setting that alternates between running up hills and running at ground level to constantly challenge your muscles.'

8 THE SMILEY RUNNER

The cheerleader of the running world, you're a bouncy bundle of running joy. Pounding the pavement makes you super-happy. In fact, it's how you deal with any stress in your life, and how you stop yourself from shouting at your other half when he eats the last Magnum from the freezer. Grrrr!

HOW TO SPOT YOU

That easy, breezy look that says 'I love exercise'. You're the definition of the word 'perky' and you run for your endorphin boost, probably while wearing headphones and listening to Taylor Swift.

TIP FROM THE TOP

'Get your endorphins early by starting the day with a run,' says Lee. 'You'll find that you have more energy and will feel invigorated throughout the rest of the day, plus you'll be in a really good mood because you've tackled one of the activities that most people leave until the end of the day, so there's more time for you.'

ARE ALL RUNNERS CREATED EQUAL?

Dr Stephen Mears, sports nutrition and exercise physiology expert from Loughborough University, explains how body type impacts on natural running ability.

There are two types of muscle fibres that affect running ability. The slow-twitch muscle fibres (type I) and the fast-twitch ones (type II). Many elite long distance runners genetically have more type I fibres. These produce less force, but are more resistant to fatigue. Their natural body type tends to be lean with a low body mass. Running means carrying your own body weight and the longer you run the harder it gets, so if you're lighter it's easier to run a longer distance.

The elite sprinter has more type II muscle fibres, which produce more force but fatigue quickly. They tend to have a muscular body shape, so they're able to generate force faster. As they are running a shorter distance they don't need to worry about body weight.

The starting point for running is your genetics, but with training you can adapt your muscle type slightly to become better, but your natural ability to run either long distances or at a fast pace is genetic.



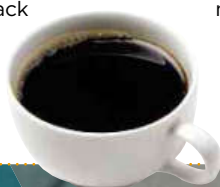
FOOD TO GO


Lee Pickering, personal trainer for DW Fitness Clubs offers top tips for what to eat on a running day

Choose carbs before your run, so your muscles can use these for energy. Opt for brown rice, or a banana.



Caffeine can boost energy and help endurance performance, so try having a black coffee half an hour before you run.



Aim to eat carbs and protein after your workout, so energy is transferred straight to your muscles to repair them. 



GET IN GEAR

Turn to page 60 for outfits tailored to your running type!

Get your run on!

If you love running as much as we do, then you're going to love these Performance Running shoes from Skechers

There's nothing better than lacing up a box-fresh pair of running kicks before you head out on a run. We're coveting the Skechers Performance range of running shoes, from their gorgeous designs to their impressive technical attributes, these shoes need to be on your feet!

The extensive range of innovative shoes has won multiple running awards and boasts clever technical features that get our vote too. The mid-foot strike technology promotes a more efficient run, and the fit provides serious comfort when you're out clocking up the miles. We love these techy features and how amazingly lightweight these shoes are, but we also love how good they look! The GOrun range comes in an array of head-turning colours, making them the perfect update for your run wardrobe. We love them!

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Make sure you've got all the gear with our pick of the most stylish pieces for every runner



THE MARATHON TRAINEE

JACKET IN

Stay cool and comfy, but protected from the elements, in this high-spec yet lightweight jacket from Asics. The water and wind-resistant fabric makes seasonal weather no obstacle and the reflective dots give you 360-degree visibility when it's dark.

● Asics Lightweight Running Jacket, £75, asics.co.uk

TECH TIGHTS

Keep your legs churning with these awesome leggings from Under Armour. They're designed with a compression fit to boost your muscle

power and help recovery, plus they feature strategically placed mesh panels to keep you cool when you really get into your stride.

● Under Armour Women's Fly-By Leggings, £35, underarmour.co.uk

GOOD SOLES

Hard-working shoes are a must if you're training for a marathon. These Saucony Redeemer ISOs are super supportive while maintaining great flexibility. They're also really comfy so ideal for clocking up the miles in.

● Saucony Redeemer ISO, £130, saucony.com

THE RACE

Do it for women and run a women's only marathon! 2015 is the inaugural Race for Life full marathon, so why not be a part of history and enter the London-Lee Valley Marathon while raising money for Breast Cancer? The first event takes place on 4 October 2015. raceforlife.cancerresearchuk.org





THE BAREFOOT RUNNER

BARE ALL

If you're not going to go the whole hog and get your jog on with your tootsies out, a great pair of minimalist shoes are essential. We love the VivoBarefoot Pure Speed shoe. It's the 'purest' shoe in the range and gives you a really stripped-back 'barefoot' running experience. Sold!

● Evo Pure Ladies, £90, vivobarefoot.com

WATCH OUT

If you're into trying out the trends, a high-spec watch is a must. The TomTom Cardio

Runner features GPS and a built-in heart rate monitor to chart every stride. Plus we love the big screen, which makes it easy to check real-time progress!

● TomTom Runner Cardio, £179.99, tomtom.com

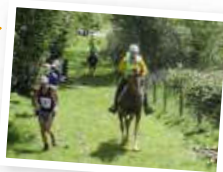
SOCK IT TO 'EM

These teched-up socks – and clip-on electric anklet – transmit data to a nifty app to help you track cadence, landing technique and weight distribution. Smart, huh?

● Sensoria Wearable socks and app, vivobarefoot.com

THE RACE

Which do you think is faster, man or horse? Find out next year by signing up early for The Whole Earth Man vs Horse marathon! Entries open in January 2016 for race day on 11 June in Llanwrtyd Wells, Wales. Think you can do it? green-events.co.uk



THE RUNNING CLUBBER

THE LONG RUN

These stylish yet performance-orientated running leggings are a must for regulars. They're designed to feel like a 'second skin' and boast moisture-wicking properties as well as reflective details. Plus they're subtle enough to wear down the pub for that post-run catch up!

● Adidas leggings, £38, adidas.co.uk

TOP NOTCH

Half the fun of joining a running club is the sociable aspect of your weekly meets, so get the conversation flowing and make your run kit a talking point with this super-slick black and white workout tank from Adidas.

● Adidas Workout tank, £32, adidas.co.uk

GROOVY SHOES

These trainers come in some fab colourways – we're digging the fluoro pops and bright laces. These lightweight, responsive shoes are perfect for the style savvy.

● Skechers GORun 4 running shoes, £89, skechers.com



THE RACE

Get your local running club involved in a half marathon relay at The Great Cumbrian Run in Carlisle on 4 October 2015. The four-person team race gets you a medal, T-shirt and swag bag and bragging rights on completion. calvert-trust.org.uk



THE NEWBIE RUNNER

TEE TOTAL

This gorgeous running tee is a great little cover-up and will keep Lycra-phobic newbies comfy and stylish.

● Sweaty Betty Sea Breeze Tee, £55, sweatybetty.com

LEG IT

A great buy if you're not sure how long your newly

discovered enthusiasm for pavement pounding will really last – we've all been there! – these H&M full-length sports tights are a bargain at just £14.99. Play safe in plain colours or go bold with bright patterns.

● Sports tights, £14.99, hm.com

FEET FIRST

A good pair of trainers is key, but we understand you might not want to break the bank on that first pair of kicks. These purse-friendly Asics runners fit the bill.

● Asics Gel Oberon, £65, asics.co.uk



THE RACE

If you're new to running, but want a bit more of a challenge than a 5K race, we recommend running 10K round the beautiful Blenheim Palace grounds in Oxfordshire on 4 October. There's also a 2K family fun run, so you can get your friends, kids and family involved, too! blenheimpalace.com



THE FAIR-WEATHER RUNNER

SUPER SUPPORT

Every runner needs at least one amazing sports bra and this Victory Run Bra from Sweaty Betty is perfect! It provides supportive encapsulation to stop unnecessary jiggling and features sweat-wicking fabric, adjustable straps and an optional racer back. And, if you're sweating it out indoors, it's the perfect way to show off those abs

● Victory Run Bra, £40, sweatybetty.com



SHORT STUFF

If you're more of an indoor runner, these Every Second Counts print shorts will keep you cool while you pound that treadmill. We love the double layering!

● Run printed shorts, £65, adidas.co.uk



PHONE HOME

A great pair of headphones can make all the difference to your run, especially if you're trying to drown out heavy gym music in the background! We love the Method In-Ear headphones from Skullcandy. They're super comfy and stay put through the longest and sweatiest of runs.

● £24.98, hmv.com



THE RACE

Looking for a challenging indoor event? Urban Attack is Manchester's biggest 'knock-out' style, obstacle, relay race. It may be just a 1K effort, but it claims it is harder than a marathon. You will run inside one of the UK's iconic sports arenas with hundreds of cheering spectators, and it is all filmed in front of live TV cameras – amazing, right? The obstacle race consists of jumping, running, swinging, crawling, sprinting and climbing. It's a team event so get your best mates together and join 750 competing runners for a fun day out on 21 November. urbanattack.co.uk

THE 'ACTION WOMAN' RUNNER

WRAP UP

An ultra light jacket designed for a range of conditions, this little beauty will keep you going through every adventure. It's water repellent yet breathable and comes in this awesome stand-out neon yellow.

● The North Face jacket, £69.99, ellis-brigham.com

Osprey pack fits the bill perfectly. Super light and extremely comfortable to wear, it's kitted out with loads of handy pockets, a safety whistle, reflective graphics and a breathable back panel, so you can take on anything your run throws at you.

● Osprey Talon 11 Rucksack, £64.99, ellis-brigham.com

BAG IT UP

Any adventure runner worth their salt has a decent rucksack for stashing essentials and this

TOUGH TOES

The Saucony Nomad TR is part of Saucony's hard-wearing Run Anywhere line and offers

THE RACE

Love a gruelling challenge? Take on the Midnight Mountain Marathon. Set in Talybont-on-Usk, this breathtaking mountain marathon challenges you to beat the clock. Starting at 5:30pm, the course takes you through forests, over streams and up mountains with the aim of finishing before the 12am cut off. And you've got plenty of time to train – it kicks off on 25 June 2016.

brutalevents.co.uk



THE WEIGHT-LOSS RUNNER

HOT STUFF

If fat-blitzing is your goal, these Zaggora High Rise Hotpants could help you on your way. Boasting Zaggora's signature Thermofit Technology, which harnesses

the body's natural heat to help you burn more cals, these pants are the perfect way to boost your results.

● Hi Rise HotPants 3.0 Capri, £70, zaggora.com



awesome traction and durability on the trail. Perfect for aceing every adventure run that comes your way.

● Saucony Nomad TR, £90, saucony.com



GADGET GIRL

If you're the kind of runner who likes to track every step and calorie, look no further. The Fitbit Charge is your new BFF. It tracks steps taken, distance travelled, calories burned, floors climbed and active minutes, making it the perfect way to get you up and out there every day!

● Fitbit Charge, £99.99, fitbit.com



APP TO IT

Research shows that sharing your fitness goals and working out with others can help you to see results. So, why not sign up to runners' fave Strava? This handy little app allows you to log your runs, share them with your fellow Strava users and even compete against them. Get your running buddies to sign up and you can motivate each other to get out there, even if you're away or don't live nearby.

● Strava, free

THE RACE

If you're struggling to find the motivation to run, an instructor and a group setting might help you shed those pounds and get to your goals. Check out the Purple Patch Running one-day workshops and weekend training camps in the Chiltern hills or the week-long camps in Majorca! They're a great motivator and can help you train for upcoming races such as the Reading 10K on 4 October. Find out more at purplepatchrunning.com

THE SMILEY RUNNER

TOP UP

Dream big with this bright and beautiful tank from Lorna Jane. It's a great way to give your wardrobe a boost and keep you smiling.

● Dream Big Tank, £25, activeinstyle.co.uk

PATTERN PEOPLE

These stylish patterned leggings are sure to bring a grin to your face every time you lace up. And they're perfect teamed with your Dream Big vest!

● Tiny Fish Jumping Jack Flash leggings, £58.50, tinyfishco.com

DISTANCE DIVA

These GOrun Ultra Road shoes have been updated to be even more durable – perfect for you, the energizer bunny runner who gets the bug and just keeps running! The dual-density Resalyte® midsole and enhanced traction outsole make them super comfy to run in. They're also breathable, lightweight and boast winter-ready reflective detailing.

● Skechers GOrun Ultra R, £89, skechers.com



THE RACE

If you love Saturday nights out but regret the calorie-filled cocktails, why not combine your love of running and dancing at the Electric Run? Enjoy the neon lights as you run a 5K course around lit up buildings, glowing lakes and neon trees, and don't forget to dress the part by wearing fluorescent leggings and headbands. Afterwards you can enjoy an after-party with pumping music. The races take place in London, Manchester and Glasgow. For upcoming events, visit electricrun.co.uk

PROMOTION



RISE TO THE CHALLENGE

The UK's biggest gym-based competition is back

LAUNCHES
31 JULY

Take on the UK's ultimate gym challenge this summer to find out if you can rise to the challenge and be crowned FitBrit 2015 Champion.

NEW FOR 2015

● NEW CIRCUIT

Nine different moves make for our toughest, most well-rounded fitness event ever.

● NEW CATEGORIES

Elite, Amateur, Masters and Team divisions mean anyone can compete.

Find out more at mensfitness.co.uk/fitbrit

women's
fitness

M
MULTIPOWER

F Fitness First

Men's Fitness

BE A STRONGER RUNNER

Commit to regular body conditioning to take your running to the next level

WARM-UP

Go through these mobilising motions before you start

- 5 twists
- 3 side bends
- 2 forward bends
- 10 breathing squats
- 10 press-ups
- 5 hip flexor lunges
- Walking

GEORGE'S RUNNING RULES

Want to be a better runner? Don't forget George's tips for the top:

1 'Regular stretches and stability and strength exercises can help you avoid picking up frustrating niggles like sore knees, tight calves and shin splints.'

2 'Upper body strength is extremely important for a runner as your arms and shoulders keep you stable by balancing out the movement from your hips. As you get tired and your upper body begins to fatigue, your form can suffer, which again increases the chances of injury.'

3 'I always recommend three runs a week for beginners as a maximum. Beginner runners should also aim to include 3-4 sessions of body conditioning a week.'



Whether you're looking to conquer your first 5K or playing with the idea of taking on an ultra-marathon, upgrading your run the smart way can be tough.

When it comes to running, more isn't always more. Pushing yourself too hard out on the road could lead to injury if your body conditioning isn't up to scratch, so it might be time to reassess your strategy.

'Body conditioning exercises not only help by strengthening the muscles you use for running, but by reducing your chances of picking up frustrating injuries you can also progress further with less time on the sidelines,' says running coach George Anderson (bygeorgeanderson.com). Taking the time to do a workout like George's session over the page could have a huge pay-off, whether it's simply keeping that recurring Achilles pain at bay or sending you soaring towards your next PB.



HIGH-KNEE REAR LUNGE

Areas trained: **BOTTOM, HAMSTRINGS, QUADS, HIPS**

Technique

- From a standing position, take a step backwards and drop into a lunge so that both knees are at 90 degrees. You can bring your arms up into a 'running stance', so your left arm comes forwards as your right foot goes back.
- Progress this by standing on a BOSU to start, keeping the front foot on as your back foot steps off. You could also use a light weight in each hand, or introduce a plyometric hop at the top of the movement.

Beginner: 10 reps each side
Intermediate: 10 reps each side
Advanced: 15 reps each side



SAFETY TIP

Make sure the knee doesn't collapse inwards as you squat down



SINGLE-LEG FLOOR TOUCH

Areas trained: **BOTTOM, HAMSTRINGS, QUADS, ANKLE AND HIP STABILISERS**

Technique

- Balance on one leg, feeling the weight pressing down equally through the front and rear of the foot.
- Holding a medicine ball in both hands, bend your knee and lower yourself down into a single leg squat so that the ball touches the ground just in front of your foot.
- Return to the standing position, with the option of arcing the ball up to an overhead position.

Beginner: 5 reps each side
Intermediate: 5 reps each side
Advanced: 10 reps each side

PRESS-UP RENEGADE ROW

Areas trained: **CHEST, SHOULDERS, BACK**

Technique

- Start in a plank position on your hands. Keep your arms/elbows straight and lower your chest toward the ground using just the shoulder movement, like you're trying to crack a walnut between your shoulder blades.
- Press back up to the top position again, imagining your pushing your upper back as high as it will go. From here, pull one hand into your chest (pinch shoulder blade back), take it back to the start and then repeat on the other side to complete one rep.

Beginner: 5 reps each side
Intermediate: 10 reps each side
Advanced: 12 reps each side



PLANK-CLIMB SPRAWL

Areas trained: **CORE, CHEST, SHOULDERS, TRICEPS, HIPS**

Technique

- Start in a plank position on your elbows, climb up onto your hands
- Jump both feet forwards so that they are outside your hands. Release your hands from the ground for a moment (at the same time as your feet land if

you can) and then replace them and jump back to plank position on your hands before climbing back down onto your elbows.

Beginner:

5 reps

Intermediate:

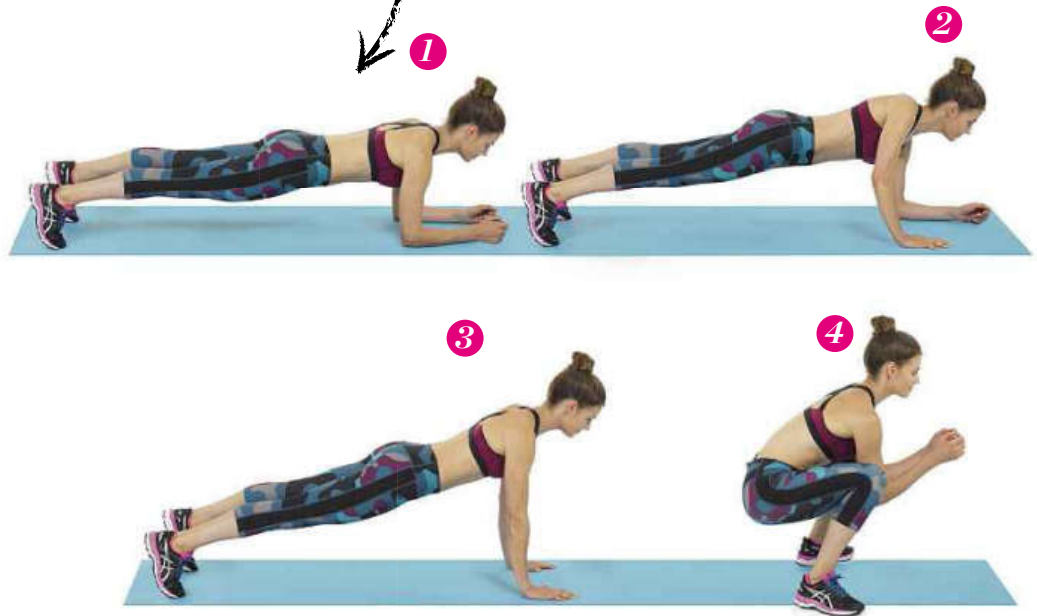
5 reps

Advanced:

10 reps

SAFETY TIP

Don't let your lower back overarch when in plank position



SAFETY TIP

Keep a flat back as your lower



KETTLEBELL SWING

Areas trained: **BOTTOM, HAMSTRINGS, CORE**

Technique

- With a slight bend in your knees push the kettlebell back between your legs so that your forearms rest briefly on your inner thighs.
- When you feel you've reached top of the swing,

drive your hips forwards and swing the weight up with straight arms.

- Keep your forearms in contact with your hips for as long as you can, and maintain a straight back throughout

so you feel a stretch in your hamstrings as you reach the bottom of the swing.

Beginner:

10 reps

Intermediate:

10 reps

Advanced:

20 reps

STABILITY BALL TUCKS

Areas trained: **CORE, CHEST, SHOULDERS, TRICEPS, SHOULDERS, BACK, HIPS**

Technique

- With your hands on the floor, place your feet a few inches apart on a stability ball (the closer together your feet are, the more challenging this exercise becomes).
- Tuck your knees under your body, concentrating on rounding your back as though

you are doing a crunch.

- Keeping your shoulders forwards, straighten your legs again and then repeat.

Beginner:

10 reps

Intermediate:

15 reps

Advanced:

20 reps

SAFETY TIP

Don't let your lower back over arch when your body is straight



Run Your City!



- Crop top, £65, Suki Shufu
- Leggings, £70, Asics
- Jacket, £105, Nike

URBAN GIRL

Embrace the darker nights and explore the city by streetlight in this season's hot run looks





Opposite page

- Leggings, £45, Saucony
- Jacket, £110, Asics
- Gel-fit Vida Trainers, £100, Asics

This page

- Jumpsuit, £82, Fabletics
- Flyknit Zoom Agility Trainers, £140, Nike



Run Your City!





Opposite page

- Crop top, £30, ILU
- Shorts, £105, Suki Shufu
- Jacket, £72, Fabletics
- Zoom Elite 8 Trainers, £100, Nike

This page

- Bra, £27, Asics
- Leggings, £33, Adidas
- Jacket, £70, Nike
- Gel-Fit Tempo 2 Trainers, £60, Asics

Run Your City!

STOCKISTS

Adidas adidas.co.uk
Asics asics.co.uk
Fabletics fabletics.co.uk
ILU ilufitwear.com
Lija lijastyle.com
Montreal monreallondon.com
Nike nike.co.uk
Saucony saucony.co.uk
Suki Shufu sukishufu.com

- Crop top, £135, Monreal
- Shorts, £29, Lija
- Jacket, £110, Nike

PHOTOGRAPHY: SIMON TAYLOR MODEL: EDEN NEVSMODELS.CO.UK
STYLING: JOANNA KNIGHT, ELLIE MOSS, WAKE-UP: ALISHA BAILEY



GET UP AND GO.

SKECHERS
GORUN
4



Charlie Webster wears Skechers GOrun 4 to run more efficiently. Designed with a virtually seam-free upper and our Mid-Foot Strike Technology, these shoes will help you get your miles in.

Charlie Webster
Marathoner, Triathlete
and TV Broadcaster

#getyourmilesin™
skechersGORun.com  

RUN THE WALL!

21 May 2016



GREAT WALL MARATHON

The original since 1999

www.great-wall-marathon.com

Features



78 Fitness heroine // 79 Moody bitches // 82 Look after yourself

TRUE TO YOU

This month we're all about being the real you. Feeling like a moody bitch? Let it all out! Need a good cry? Go for it! Or need a bit of self compassion? We've got the answer. Plus we've got awesome inspo from a woman about to take on an epic challenge! Turn over to get back to the real you ASAP!



Sarah has all this to look forward to!

'I love getting away from the hustle and bustle of city life'

Sarah Cooksey tells *WF* why she's taking on an epic challenge

Traversing 620 miles across Mongolia is no mean feat, no matter your mode of transport. But when you're doing it on the back of a wild horse, things start to look very interesting.

Tell us a bit about what the Mongol Derby involves...

The Mongol Derby is officially the longest, and almost certainly the toughest, horse race in the world. It follows a 620-mile route across Mongolia, roughly along one of Genghis Khan's postal routes, and the riders have to carry everything they need for the event – which lasts between 7-10 days. You have to sleep under the stars or with friendly locals and navigate across Mongolian steppe [grassland] with rivers, hills, thunderstorms, vicious dogs, dehydration, sunburn and falls from semi-wild horses to contend with. Each day will last about 12 hours,

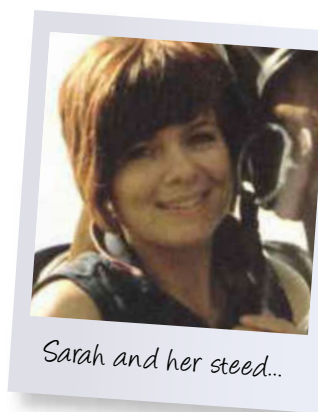
with riders stopping at various check points along the way.

What made you decide to take on such an epic adventure?

I wanted to test my limits, both physically and mentally, and push myself well outside of my comfort zone. Once I started investigating what this sort of challenge might look like things started to snowball until I found The Derby and decided that there wasn't much more out there that would test me to the same extent.

Why the Mongol Derby and not another adventure race?

Partly because I love seeing new parts of the world, and Mongolia is a place I know little about, which excites me. Partly because I love immersing myself in nature and getting away from the hustle and bustle of city life. And partly because of my love for horses.



Sarah and her steed...

Have you always been a horse rider?

I first sat on a horse at four years old and caught the bug. Not only does it allow me to exercise in the countryside, but is also an amazing stress relief from working in the office. I've always wanted to compete seriously on my horse, but don't own a trailer and so have to rely on others for lifts to and from events. I'm really looking forward to the fact that I'll get a whole week of racing without having to worry about where my next lift is coming from.

Fast talk

Make-up bag essential?

Johnson's Baby Lotion. I use this on a daily basis to moisturise my face or remove my make-up. It might be made for babies but I like to think it keeps me looking young!

Fave healthy snack?

Primal Pantry Bars if I'm doing something active. I always have a punnet of raspberries on the kitchen top that I constantly snack on.

Three desert island essentials?

Ed Sheeran music, red wine to enjoy watching the sunsets with and a Swiss army knife with a nail file!

What does your training involve?

As many hours in the saddle as possible; gym sessions to work on core, balance and anaerobic fitness; and as many sessions out on the bike as I can for aerobic fitness. We also get two days on the horses before the race, which is vital given how different they are (short and stocky) to UK horses.


What does the horse's training involve?

Not a lot – the horses are semi wild and Mongolian horses are famed for their stamina. The horses' welfare is paramount during the race and they are swapped every 25 miles – so while the racers might be pushing themselves to their limits the horses aren't.

Who is taking on the challenge with you?

My fiancé, but we're yet to decide if I'll leave him if he holds me back – he's not been riding as long!

What are the essential bits of kit you need to take?

Derriere Equestrian padded pants are an absolute must for obvious reasons; Primal Pantry snacking bars; Hy Equestrian gloves to prevent blisters; and my Vango down sleeping bag for when there are no nice locals around to offer me a bed! 

GET INVOLVED

Think you're up to the challenge? Check out theadventurists.com/mongol-derby/ for more details

Do you go from high as a kite to down in the dumps in no time? It could be because you're a 'moody bitch'. But that's no bad thing, explains **Amanda Khouv**...

LET THE *BAD TIMES* ROLL

It's important to
remember that
it's okay to cry

Ever slumped onto the sofa at the end of a rough day and felt awful for being a bit of a, well, moody bitch?

According to psychiatrist Dr Julie Holland's new eye-opening book *Moody Bitches*, there may be less of a reason to feel bad after all: we were pretty much made to be moody bitches. Erratic mood swings, moments of madness and uncontrollable hormones are normal, but in this day and age the constant pressure of work, social life and having to look like you're aceing it all aren't





5 steps to embracing your inner bitch

1 Feel your feelings fully.

Be authentic when you verbalise them. Don't be so quick to accommodate everyone else's needs, ignoring your own.

2 Stay in your body.

It's easy to get 'disconnected' when you're in front of a glowing screen, whether it's a TV, computer or smart phone.

3 Breathe deeply, in and out through your nose.

Anything that fully oxygenates your brain like yoga or cardio is going to help you feel better quickly.

4 Sleep a full eight hours.

Get plenty of sunshine, but also plenty of darkness at night. Light at night will disrupt your sleep cycles.

5 Eat whole, unprocessed foods, avoiding white powders (flour and sugar).

An anti-inflammatory diet will help your mood stay more stable, along with your blood sugar.

exactly helping – but Julie's here to help. 'We are anxious and frazzled, yet depressed and burned out,' says Julie in the book. 'Our moods and libidos are at a rock-bottom low, our vital energies drained as we struggle to keep up with work, family, and hundreds of "friends" online.' If this sounds familiar to you, don't worry – it doesn't mean you can't succeed. With Julie's advice and expert tips, you can learn to embrace your inner bitch and make it work for you – no matter how snappy or stressed out you feel.

Highs and lows

One important thing to take in is that having mood swings or being moody isn't something you should suppress. It's part of who you are, and is a result of evolution – so you need it! 'Unfortunately, to some extent, it isn't politically correct to admit that women are emotional or at the mercy of their fertility cycles,' explains Julie. 'Add to that the messages we're receiving from the pharmaceutical industry, designed to capitalise on our insecurities, convincing us to medicate away our natural hormonal cycle with birth control pills and our emotionality with antidepressants.'

It might seem unfair but men and women just aren't wired in the same way, and that's simply because our brains have been developed differently – this includes how we each deal with emotion and communication. 'Men aren't built to be as sensitive as women are,' Julie adds. 'Women have more brain circuitry not only for expressing language and emotion but also for detecting emotional nuance and anticipating what others are feeling.' So not only are we more geared towards empathy, but in *Moody Bitches* Julie also highlights that women are genetically more likely to register conflict, be sociable in difficult situations and multitask well (it's true after all!) – all because of the ways our brains have developed. Sound familiar? If so, you'll know that these are all useful tools that are essential to survival. Of course our sensitive

'HAVING MOOD SWINGS OR BEING MOODY ISN'T SOMETHING YOU SHOULD SUPPRESS'

natures suggest that we're more susceptible to bad moods and in some of the worst cases, depression and anxiety, but they're also things we should celebrate, and that can help us out on a day-to-day basis.

Turn PMS into PMA

If you're looking for an obvious example (and something most of us experience) of just how natural and normal it is to go through mood swings, then look no further than the few days before your period. Yup, we're talking about the notorious premenstrual syndrome, or what most of us refer to as the dreaded PMS. Every month – you know it's coming, yet it still hits you like a ton of bricks (and possibly everyone around you, too!). You know the feeling: increased irritability, heightened sensitivity and nonexistent patience. Julie hits the nail on the head with her 'not fun, but normal' description. But why does it happen? According to Julie, 'lower oestrogen levels cause serotonin levels to drop precipitously a few days before menstruation, which may be the biological basis of many PMS symptoms,' she explains. And although you might not be able to control whether or not it affects you, you certainly can take hold of it to an extent: 'Because it's perfectly normal to have mood fluctuations throughout your monthly cycles, you don't necessarily need to medicate PMS away, but you do need to educate yourself about it,' says Julie. 'Keeping track of your cycle will give you a heads-up about when you're going to be more emotionally sensitive and reactive. You can plan to take on more challenging assignments at the beginning of your cycle right after your period, when your resilience is higher.'

Be yourself

The sooner you come to accept and actually *admire* the fact that you intuitively get a little tetchy now and then, the sooner you'll feel less controlled by it. The problem, however, may be the extra stresses of everyday life adding to your natural sensitivity, sympathy and





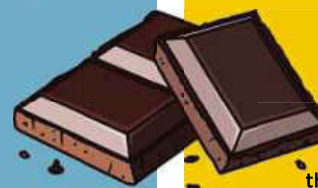
KA-POW!

5 mood-boosting foods

1 **Blueberries** can help to decrease anxiety and depression.



2 **Dark chocolate** contains theobromine, a stimulant that can help boost your mood.



3 Starting the day with protein-packed **eggs** can balance your blood sugar, which will keep your mood variability lower. They're also high in choline, helping keep you resilient in times of stress.



4 **Turkey** is a good source of tryptophan, the building block of serotonin, which helps to keep moods stable. If you're a vegetarian, try lentils.



5 **Fish** is great brain food. Omega-3 fatty acids help to tamp down irritability and improve impulse control.



News just in: woman has bad day!

emotionality. If a hard day at work or an argument with a friend has you in tears, it's important to remember that it's okay to cry. 'Women cry when they experience any strong emotion: joy, frustration, sorrow and even anger,' says Julie. 'It's not just about sadness. Trying not to cry often only makes it worse.'

In fact, go one step further than letting it all out, and just be the bitch you are from time to time. Not only does chatting with friends about your woes (i.e. gossiping - any excuse!) actually help by releasing dopamine, a feel-good chemical, but allowing your inner bitch to just wreak havoc every now and then can actually encourage you to do something about whatever it is that's bothering you. 'Saying yes when we mean no is stressful to our minds and bodies and can create illness,' warns Julie. 'But fully feeling your feelings and communicating them can help to keep you calm and stable.'

Keepin' it real

It can sometimes be trying enough just to manage work and family while dealing with horrendous mood swings, but don't let yourself get even worse - use those moods to listen to your body and react accordingly. 'We need to modulate our moods, not dull them entirely,' advises Julie. 'Mindfulness, meditation and physical activity all help us to stay present and gain control over our emotional responses so that we can moderate our reactivity without needing a daily dose of meds.' Want to avoid getting fat, tired and miserable? Think healthy choices. That means a diet rich in whole foods, an exercise regime that's regular but not going overboard and of course just being selfish every now and then and taking some time out to focus on yourself. **M**



GET THE BOOK

Dr Julie Holland tackles the issues of mood swings, low libido and your body in **Moody Bitches**, published by Harper Collins (£12.99, available from all good bookstores).

KIND AT *HEART*

Move over Cognitive Behavioural Therapy; there's a new type of talking treatment that can bolster your immunity and boost your positivity

When Ella-Jane, 28, sought help for her anxiety, she stumbled across **Compassion Focused Therapy (CFT), a relatively new form of therapy that stems from the established form of CBT.**

'Initially, I was sceptical that any form of psychotherapy could help me, let alone one that has such a gentle approach, but I've been amazed by the difference it's made to my life: I'm far calmer and much less anxious, and I'm also much happier.'

This doesn't surprise Dr Chris Irons (balancedminds.com) who says: 'Compassion Focused Therapy is guided by growing international research on the science of compassion, which has found that cultivating compassion is associated with changes in brain functioning; improvements in the immune system; reduction of negative emotions and increase in positive emotions; and motivation to engage in things that people find difficult.'

The science of compassion

But what exactly is it? 'CFT is built upon a broad science of the mind, so is influenced by an understanding of how we can suffer that is guided by evolutionary psychology, neuroscience, neurophysiology, and social, developmental and evolutionary psychology,' explains Irons. Central to CFT is how certain positive emotions, linked to feelings of warmth, care and contentment, may be crucial in the process of regulating distress and suffering. 'Research and therapy have found that these types of affiliative feelings, which partly give rise to compassion for others and – crucially – ourselves, can develop in the context of safe, nurturing and affectionate relationships, which is fine for those who have had these types of relationships. But for others who haven't, they might struggle to turn towards the care

'I WAS SCEPTICAL THAT ANY FORM OF PSYCHOTHERAPY COULD HELP ME, LET ALONE ONE THAT HAS SUCH A GENTLE APPROACH'



and support of others, or find an internal, soothing and caring part of themselves, in times of need. Such people can find it hard to deal with stress and difficulties in life.'

If that all sounds rather lofty, Dr Kate Joseph (katejosephtherapy.com) a clinical psychologist and CFT practitioner, puts it another way. 'Compassion Focused Therapy is about helping people become better friends to themselves; undergoing CFT is akin to having relationship therapy with yourself; it encourages you to have a different relationship with your thoughts and allows you to gain a better understanding of how your mind works.'

She points out that although CFT was developed to help people with high levels of shame and self-criticism who struggled to make progress in traditional psychotherapy, including CBT, it has been shown to successfully treat people with a number of psychological issues, including depression, eating disorders, post-traumatic stress

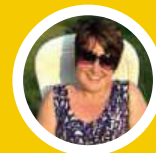
disorder and anxiety. Joseph believes this is because unlike CBT, which relies on a system of logical thought-challenging, CFT looks beyond thoughts to emotions. 'Rather than managing difficult feelings with evidence or logic, CFT encourages you to address your difficulties with empathy and understanding and helps you learn how to tolerate distress. At the same time, it shows you that kindness and care are signs of courage, not weakness, and allows you to develop a motivation to be helpful to yourself and others.'

Supporting act

Dr Joseph uses mindfulness practices and breathing techniques to help clients calm down physically and mentally so they are better able to observe and recognise their feelings. One exercise she uses is to encourage clients to imagine a compassionate coach who can help them be more understanding towards



Case study



'CFT has changed my life'

Julie Brown, 45, marketing consultant from Middlesex

'Four years ago, I undertook a course of CBT for issues associated with low-self-esteem. As well as other positive differences, the therapy helped spur significant weight loss and for several years my weight stayed stable as I felt happy. But last autumn (2014), things changed. Out of the blue, I had to step up at work. Suddenly, I was managing a huge workload and although I was desperate for a break, I couldn't take annual leave. I've always been feisty and passionate but my passion was turning into frustration. As a reaction to the stress, I'd started comfort eating and consequently my weight crept up, leaving me feeling angry at myself for putting on weight and not managing my workload. I needed to seek help but wanted something different from CBT, which can be quite self-critical. I came across CFT and it immediately struck a chord.

What drew me to it is that it starts from the premise that life isn't always perfect and you can't pretend otherwise. But we can be compassionate about how we respond to these less-than-perfect situations. CFT is not a group hug but about giving yourself a break and making a constructive choice to be kinder to yourself.

Since then, I've had a total of 12 sessions and now feel far calmer, accepting and much more able to "pick my battles". I choose what's important and what's really not, what I want to deal with and what I'd rather work around.

I love that CFT is practical – I keep a cognitive diary so I monitor positive as well as negative thought patterns, and use mindfulness exercises. My sessions have helped me to define specifically what being compassionate to myself means for me in my life – it's highly personalised, not general.

Ultimately, CFT has given me the ability to react more helpfully to triggers such as pressure and stress. It's enabled me to channel my natural emotional tendencies in a more beneficial way. I've found it utterly transformational.'



themselves and navigate challenges in their lives. 'I ask clients to think about teachers or instructors they've had who were kind and motivating and others who were unkind or unhelpful, in order for them to think about what kind of compassionate coach they want to be for themselves. It's important they imagine someone who is supportive, positive and motivating as this is the image they can summon up whenever they need support and caring.'

During sessions, clients are helped to formulate an understanding of why they are in a particular place by looking at their past in a non-judgemental way. Between sessions, clients are encouraged to reflect on what they've discussed and try different strategies to enable them to cope with any difficulties.

'Professionally, I've found CFT to be enormously rewarding,' Dr Joseph reveals. 'Because it can be used both alongside and instead of CBT, compassion focused therapy

has allowed me to help clients I may not have been able to help with CBT alone. CFT is a very human model, based on emotions and motivations, whereas CBT is based on models of psychological problems. As a therapist, it's refreshing to be 'in the same boat' as my clients, normalising rather than pathologising their problems.' Dr Irons agrees: 'I really enjoy working from a CFT perspective, partly because so many clients have benefitted from it and partly because CFT uses an inside-out approach; as a CFT therapist, I endeavour to understand my own experiences of distress and suffering and use this to help inform my work with my clients.'

Ella-Jane is also keen to extol the virtues of this talking cure. 'I'd encourage anyone who is feeling low, stressed or anxious, or struggling with any other issue, to try CFT. In essence, it teaches you to be nicer to yourself and take better care of yourself, and I'm sure every woman could do with that.'

Need to know



Compassion Focussed Therapy is effective at treating a wide range of mental health issues, but you don't have to be suffering from one to benefit from this approach. 'You don't go to the gym only once you're unfit and overweight – you go to prevent yourself becoming out-of-shape. Similarly, practising CFT shouldn't be something you only do if you're struggling with a psychological issue; just as you exercise regularly to keep physically fit, you should work out your mind to develop and maintain your compassionate system – the neural pathway that enables you to feel sensitivity to the suffering of yourself and others,' says Dr Kate Joseph.

WANT TO DISCOVER MORE ABOUT THIS APPROACH?

CLICK THIS:

The Compassionate Mind Foundation: compassionatemind.co.uk



BOOK THIS:

Dr Kate Joseph: katejosephtherapy.com/



Dr Chris Irons: balancedminds.com



TRY THIS:

Downloadable meditation exercises from Chris Germer: mindfulnesscompassion.org/meditations_downloads.php



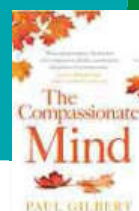
WATCH THIS:

TEDx Talk: The difference between self-compassion and self-esteem by Kristin Neff: self-compassion.org



READ THIS:


The Compassionate Mind by Professor Paul Gilbert, Waterstones.com



VISIT THIS:

Empathy Museum: empathymuseum.com





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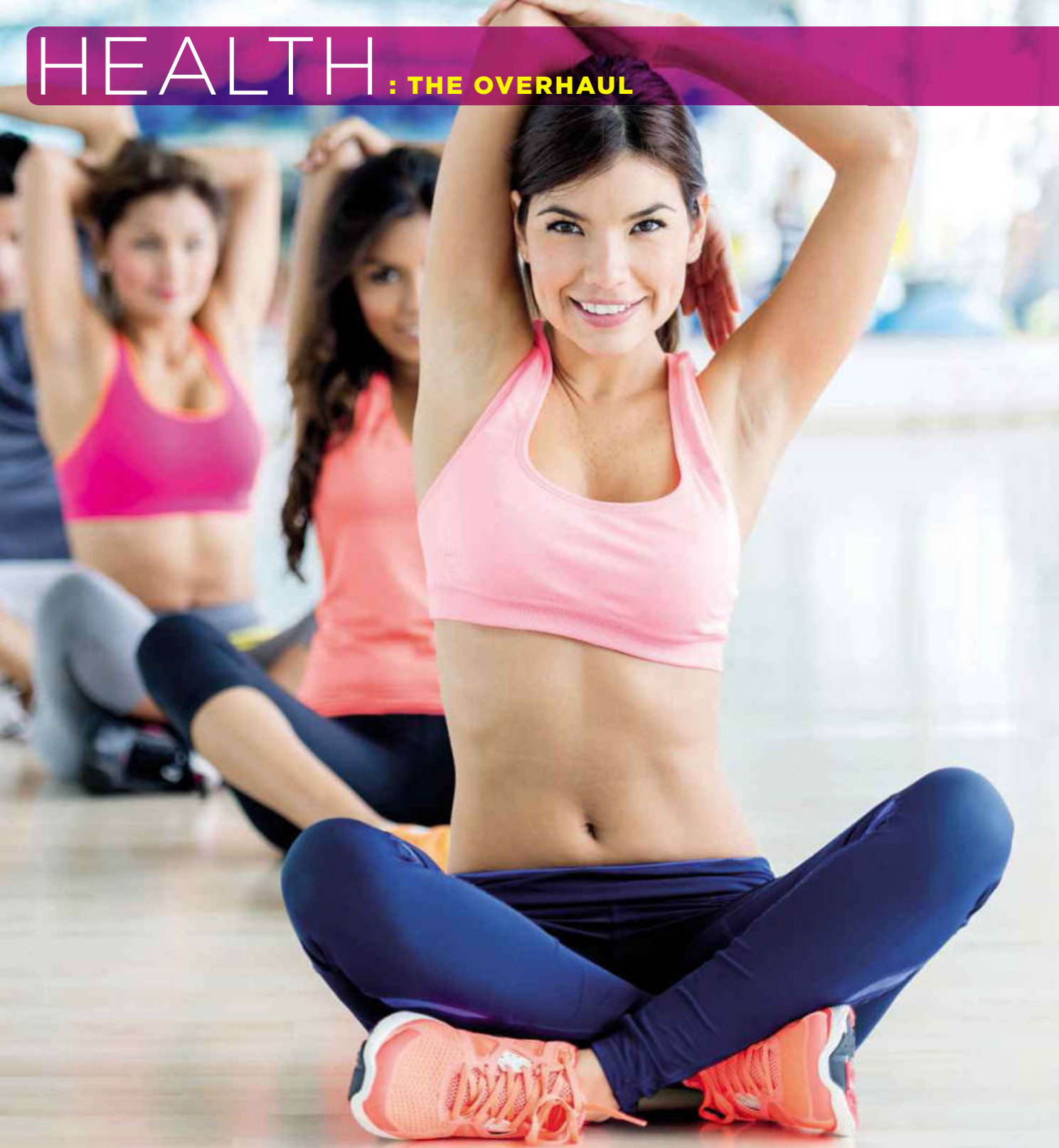


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CURB LATE NIGHT EATING TO SLEEP BETTER

If you're cranky in the mornings then it might be time to cut down on your midnight snackathons. A recent study from researchers at the Perelman School of Medicine at the University of Pennsylvania found eating less at night may help counteract the low concentration and lack of alertness that accompany sleep deprivation. Participants who fasted from 10pm performed better in reaction-time and attention-lapse tests. So, get that dinner on the minute you get through the door and treat yourself to a lovely peppermint tea if you fancy something later.



YOUR BODY MOT

Catch the early warning signs
to stay fit and healthy for the long run

Busy social life? Busy work schedule? That painstaking trip to the doctor's might be at the very bottom of your list of priorities – after all, ignorance is bliss, right? Not so much.

Prevention is better than cure, so taking the time out for regular check-ups could massively help to protect your health in years to come. Our bodies are like cars, they need MOTs every so often, especially as we all

naturally become more vulnerable to health problems as the years roll by. 'As we get older, health checks are important to discover whether we might be at risk of certain conditions,' says women's health specialist Dr. Marilyn Glenville, (marilynglenville.com). This allows us to make dietary and lifestyle changes before it becomes a major problem. 'If an issue is picked up on a test it is much better to know about it sooner rather than

later as treatment is often more effective the earlier it is picked up,' reinforces Marilyn. To help you on your way to better health, we've listed the must-do tests at every decade of your life. Here goes!

YOUR CHECK-UP TIMELINE

IN YOUR 20s

We all love to let our hair down but the years of burning the candle at

both ends could have taken their toll, not only on your general health but most importantly your liver. So at this stage you might find it useful to check your liver function - a simple blood test that can be carried out at your local GP's surgery to analyse the function of liver enzymes. 'It's also worth reducing your intake of alcohol generally and avoid binge drinking throughout this decade and beyond to enhance your health for the future,' says Dr Glenville.

When you turn 25, you'll also be contacted by your GP to go for your first cervical screening test. It sounds daunting, but there's no need to worry as the test is relatively quick and painless. 'It's important to make an appointment for this test as it detects abnormal cells on the cervix, which can help to prevent cervical cancer. The test will involve a "smear test" where a sample of the cervix cells are taken and tested for any



abnormalities and the human papilloma virus (HPV). Your GP will contact you with the results and arrange any follow-ups if necessary, says Lloyds Pharmacy pharmacist Alison Freemantle (lloydspharmacy.com).

IN YOUR 30s

Whether you're ready to jump straight into baby-

making mode now or simply want to future-proof your fertility in case you'd like to have a baby in years to come, it's worth taking the appropriate steps to ensure conception goes as smoothly as

possible. Thankfully around 84 per cent of couples who are trying conceive within a year experience no problems according to the NHS, but it's a good idea to make sure your body is ready in advance. 'A female hormone profile can be useful to find out whether you are producing the correct balance of hormones and if not then to be given advice as to what to do ahead of trying to conceive,' recommends Dr Glenville.

If you're looking to tip the get-me-pregnant scales in the right direction now's the time to start taking a folic acid supplement containing 400mcg to help prime your body to be able to bear a healthy pregnancy. And if you're currently taking birth control, you might want to think about coming off it at least three months before beginning to try for a baby. Keeping your weight in check, quitting smoking and minimising alcohol are also all good measures to ensure that your body is as healthy as possible for childbearing.

IN YOUR 40s

Striving to balance a busy work life with your family and social life can often lead to burnout and many women during this decade

complain of suffering from tiredness. The good news is, taking a simple test could pinpoint the root of the problem. 'As you enter your 40s you may start to find your energy levels dropping - so a good check at this age would be on your thyroid to make sure that it is functioning properly,' advises Dr Glenville. The thyroid, a butterfly shaped gland located in the neck area helps to control metabolism, and when it's under functioning common symptoms include weight gain, low mood and sluggishness. 'Thyroid problems affect many more women than men so it is a problem that we are vulnerable to,' adds Dr Glenville.

IN YOUR 50s

Menopause will probably be on your mind when you enter your 50s.

Many women worry about the impact of hormonal changes on their bodies during this natural stage of life. The drop in oestrogen and progesterone that comes with menopause can cause an increase in bone breakdown. 'I would suggest that women have a bone density scan especially if they have a family history of osteoporosis, or any

'If an issue is picked up on a test it is much better to know about it sooner rather than later'

other risk factors that might make them vulnerable to this condition,' shares Dr Glenville. Thankfully taking dietary precautions such as including more calcium-rich foods in your diet, (think dairy and leafy greens) along with upping your levels of vitamin D by getting around 20 minutes of sunlight exposure daily can really help to offset bone loss. You may also be advised to consider supplementation of these nutrients if you discover reserves are low.

IN YOUR 60s

When you hit your 60s you have a greater risk of developing

Type 2 diabetes than younger women as your body's ability to deal with glucose declines with age. 'Diabetes gets progressively worse if left untreated so it's really important to diagnose as early as possible in order to offset any future health problems,' says Alison. Your GP will recommend a fasting glucose test which measures the amount of glucose in your blood after a minimum of eight hours of fasting. Glucose levels between 70 and 100 milligrams per decilitre (mg/dL) are considered normal while 126 mg/dL and higher usually means you have Type 2 diabetes. It's not all doom and gloom however – if results are abnormal your doctor can prescribe medication to help manage the condition and it's also worth seeing a qualified nutritionist who can offer dietary advice to help safeguard your future health.

IN YOUR 70s

The risk of degenerative diseases are on the rise when you reach this



decade so we'd recommend increasing the levels of omega-3 foods like oily fish, nuts and seeds in your diet. A 2009 study from the Harvard School of Public Health revealed that omega-3 deficient diets cause up to 96,000 preventable deaths a year so taking dietary precautions is a really good first port of call. 'Omega-3 essential fatty acids have an anti-inflammatory effect and it is thought that most of our degenerative diseases are now caused by too much inflammation including cardiovascular disease, Type 2 diabetes, Alzheimer's and cancer. The other bonus is that by controlling inflammation you

are also slowing down the ageing process,' adds Dr Glenville. These essential fats may reduce the formation of plaque in the brain, helping you stay sharp as you get older. Having good levels of omega-3 fats also helps to improve heart health and protects against age-related macular degeneration in the eyes. 'Sight tests can pick up early signs of eye disease and can also affect other health conditions such as diabetes and glaucoma. Over 70s should attend more regularly as sight deterioration may start to occur more rapidly,' says Alison.

3 WAYS TO STAY YOUNGER FOR LONGER

You can't turn back the clock, but you can prolong the fountain of youth! Try these simple strategies today


1 STAY STRESS FREE

Stress causes physical changes in your body that speed up ageing. High levels of adrenaline and cortisol hormones have a negative impact on both physical and emotional health so keep your calm with relaxing exercise like yoga and regular meditation practice.

2 GET TO THE GYM

Staying active not only increases levels of feel-good serotonin, but studies show it slashes your risk of cardiovascular disease too. Try to incorporate activity into your day by walking more, cycling instead of driving and work out around three times a week to boost your general wellbeing.

3 EAT A BALANCED DIET

Noshing on a balanced diet of lean protein, complex carbs and good fats will help to keep your weight stable and boost your health status. Include superfoods like berries, leafy greens and nuts and seeds into your daily diet. 

Dr Glenville will be delivering a very special fertility retreat in November at Champneys in Tring. Each retreat includes full use of all facilities, nutritious meals and a thalassotherapy session. Visit champneys.com for booking and more information.

'As we get older, health checks are important to discover whether we might be at risk of certain conditions'



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- Helps with dull, lifeless and congested skin
- Maintains the tone of the underlying muscle, therefore preventing lines from forming
- Helps the skin natural elasticity
- Contributing to cellular regeneration
- Youthful appearance
- Prevents imperfections
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Ask the expert

Got a niggling health dilemma? Let our expert put your mind at ease

'MY JOINTS ACHE AFTER WORKING OUT. WHAT CAN I DO ABOUT THIS?'



Nutritionist, author and TV health expert Amanda Hamilton reveals her top tips for keeping joint pain at bay



When it comes to joint pain after working out, the knee is especially vulnerable to inflammation because it has to carry the full weight of your body and absorb the added force of running or jumping.

And the heavier you are, the greater the stress exercise places on your joints.

The word arthritis literally means inflammation of the joint: osteoarthritis is the type caused by wear and tear, whereas

rheumatoid arthritis is an autoimmune condition. But having sore joints doesn't mean you have arthritis, and there are things that you can do to help.

One of the best known supplements when it comes to joint health is glucosamine. Unusually among supplements, glucosamine had an easy ride into the public eye as an effective, affordable treatment. Back in 2001, medical journal *The Lancet* sparked interest by reporting that glucosamine had benefits for osteoarthritis, and supplements gained popularity when they were found to reduce cartilage damage in people with knee pain. However, more recently, larger trials published in the *British Medical Journal* have concluded that neither glucosamine nor

another joint supplement called chondroitin are any more effective than placebo for joint pain or stability.

That said, many people still swear by glucosamine and arguably one of the best advantages is that it's a natural, non-toxic compound. It is simply an amino sugar necessary for the construction of connective tissue and healthy cartilage. The beauty industry tends to focus on the outward signs of ageing such as wrinkles and bingo wings, but the ageing of the body on the inside can change the rate at which glucosamine is needed.

Put simply, as we age, we tend to need more at a time when we produce less. So, glucosamine is not masking symptoms, but

rather it may help your joints to grow new cartilage to cushion the space where bones meet. Glucosamine should be taken every day to feel the real benefit.

Omega-3 supplements may also help with inflammation, through tackling the symptoms more so than the cause. Lean proteins and healthy fats from oily fish, nuts and seeds top the list.

The best answer may be less is more. If you are in pain, it is best to take a few days off, then focus on more gentle exercise. Flexibility and strengthening exercises can actually help improve and maintain healthy joint range of movement. A qualified fitness instructor or physiotherapist will be able to provide you with individual advice. **W**

3 WF'S TOP JOINT-HEALTH SUPPLEMENTS

1 Holland & Barrett Glucosamine Sulphate Capsules
Get happier joints with these caps.
● From £3.99, hollandandbarrett.com



2 MSM Glucosamine Chondroitin
Get glucosamine and chondroitin in this handy supp.
● £17.99, myprotein.com



3 Solgar Omega-3 Softgels
Top up your omega-3 with these gels.
● £13.95, simplysolgar.co.uk



WF's foodie tips

Add these joint-friendly fixes to your plate

1 WALNUTS

Get your omega-3 fill from these beauties if fish isn't your thing.



2 OILY FISH

Salmon for brekkie or mackerel for dinner is a great way to help joints.



3 FLAX SEEDS

Sprinkle seeds over yoghurt or porridge for a quick omega-3 hit.



FOR MORE GREAT HEALTH AND NUTRITION TIPS, VISIT WOMENSFITNESS.CO.UK

BRUSH UP

You wouldn't go weeks without washing your face, right? Well, not cleaning your make-up brushes is just as bad! New research by Superdrug found a staggering 38% of women have never cleaned their make-up brushes, leaving their skin prone to bacteria. In fact, not cleaning your make-up brushes is one of the leading causes of acne!

To keep your skin clean and free of nasties, Superdrug has launched this fab Make-up Brush Cleaner - we love it because at only £4.99 it doesn't break the

bank! If you only make one beauty purchase this month, make it this.

● **Makeup Brush Cleanser, £4.99, superdrug.co.uk**



Feed your skin

Upgrade your beauty routine with fermented foods says **Louise Pyne**

Kombucha to help banish blemishes, sauerkraut for a super complexion and kefir to beat eczema?

No, we're not joking! If you're a health-conscious foodie, fermented ingredients probably already feature on your weekly shopping list, but have you ever thought about the benefits of smoothing these edible goodies onto your face? Probably not, but these exotic lovelies have tons of secret skin-saving attributes. 'Fermented skincare products have been used in the East for hundreds of years and have surged in popularity in the UK over the past year due to their amazing health benefits. This has undoubtedly caused the spark in fermented skincare,' says Georgie Cleeve, founder of OSKIA skincare, (oskiaskincare.com).

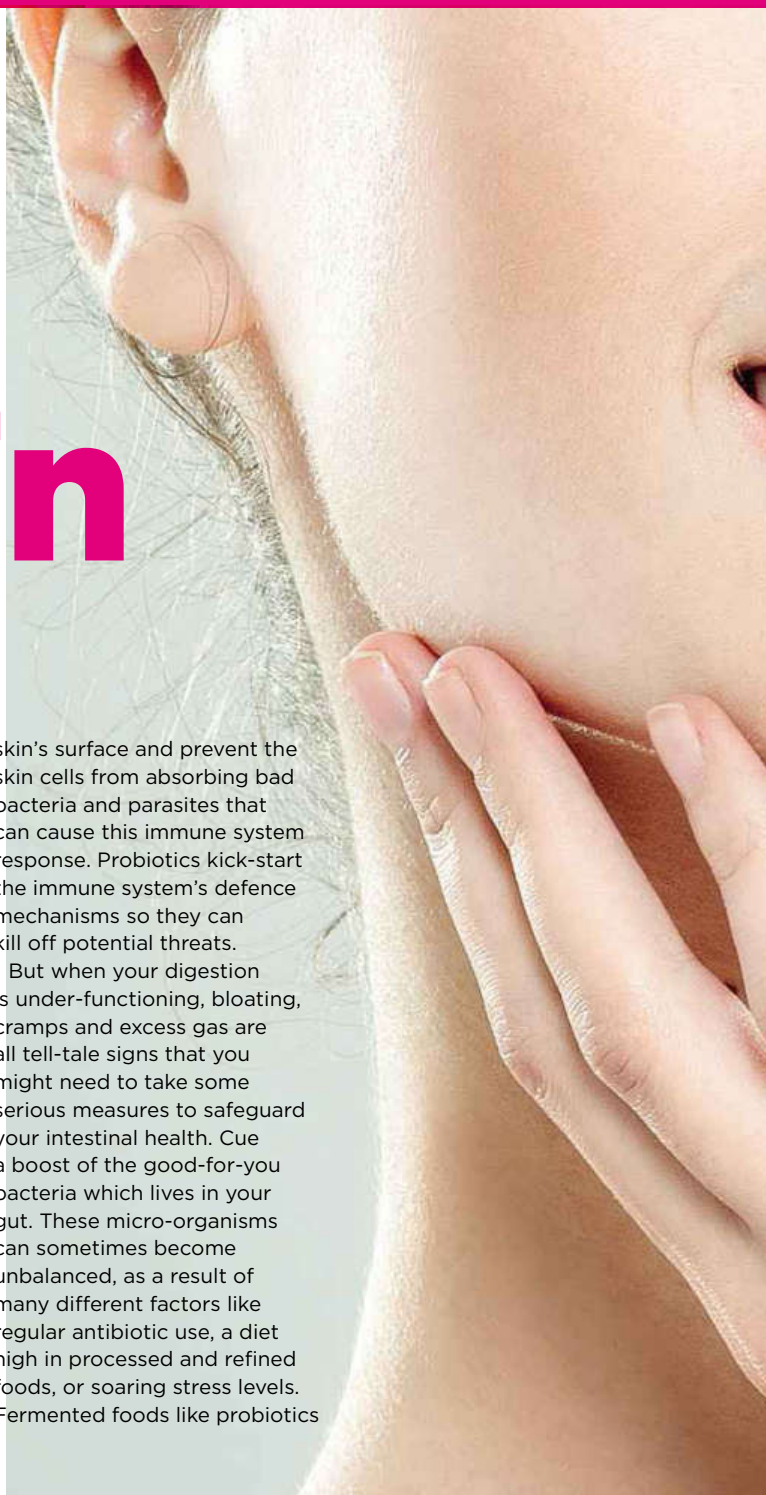
So what are the big payoffs that come with transferring fermented foods from your plate over to your daily beauty routine? It all comes down to bio-availability. 'Using fermented ingredients is a powerful way of making minerals and other such ingredients as active as possible,' continues Georgie.

The skin-gut connection

It's odd to think that your insides could affect your appearance, but gut status and skin health are inextricably linked. A 2014 study by the American Academy of Dermatology revealed a connection between probiotics use and clearer skin in acne and rosacea sufferers. It's thought that topically applied probiotic products sit on the

skin's surface and prevent the skin cells from absorbing bad bacteria and parasites that can cause this immune system response. Probiotics kick-start the immune system's defence mechanisms so they can kill off potential threats.

But when your digestion is under-functioning, bloating, cramps and excess gas are all tell-tale signs that you might need to take some serious measures to safeguard your intestinal health. Cue a boost of the good-for-you bacteria which lives in your gut. These micro-organisms can sometimes become unbalanced, as a result of many different factors like regular antibiotic use, a diet high in processed and refined foods, or soaring stress levels. Fermented foods like probiotics



5 OF THE BEST FERMENTED FOODS

✕ KEFIR

Kefir comes from the Turkish word keif, which translates to 'feeling good.' This delicious cultured milk drink contains two types



of probiotics, lactobacillus bulgaricus and streptococcus thermophilus, which optimise digestion.

✕ SAUER-KRAUT

Made from fermented



cabbage, this internationally renowned dish is a good source of vitamins A and C.

✕ PROBIOTIC YOGHURT

It contains millions of good bacteria to



balance out the pH of the intestinal tract, fending off unwanted microorganisms.

✕ TEMPEH

Tempeh is staple of the traditional Japanese diet. Made from fermented soy beans, it's also

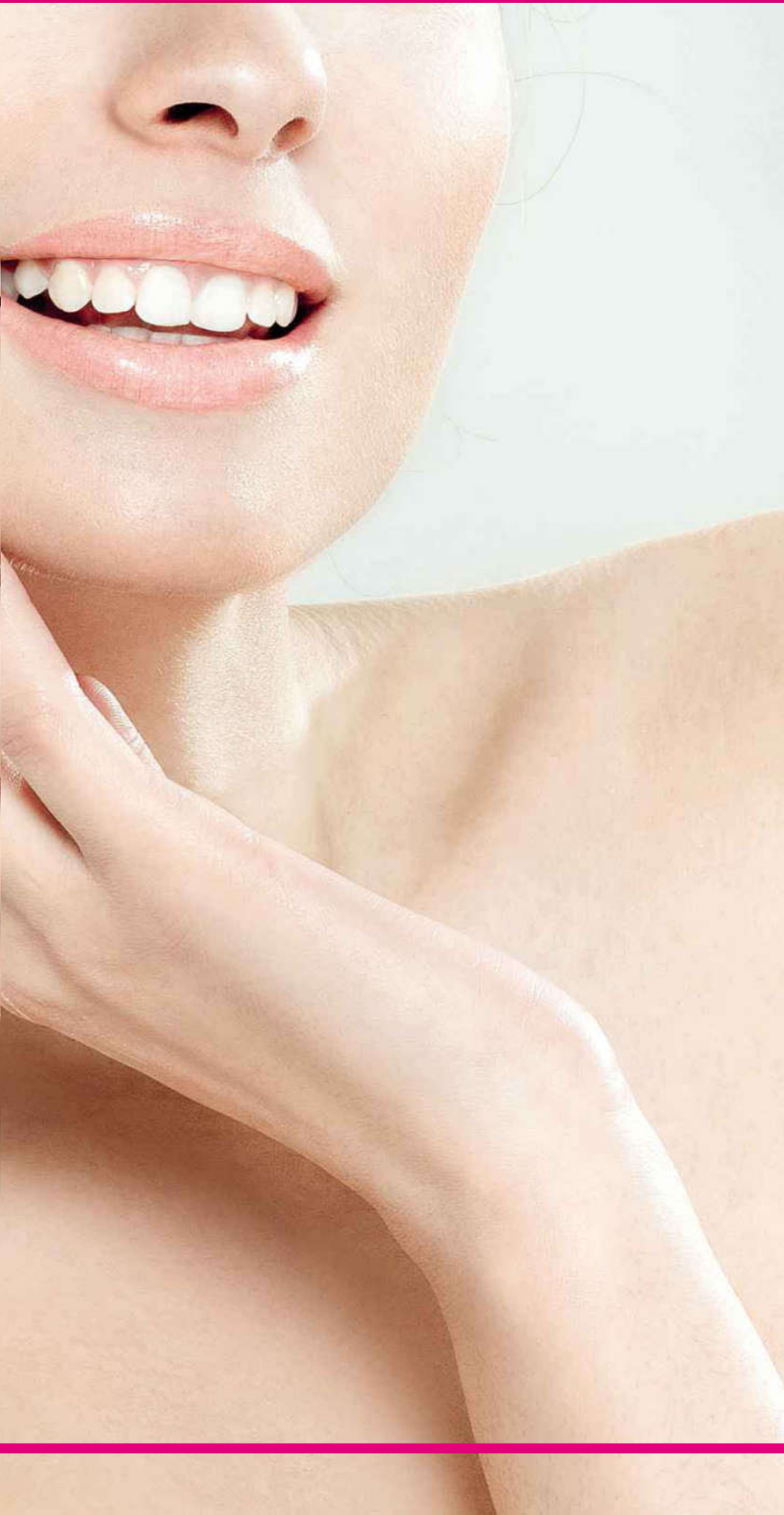


a brilliant veggie protein source.

✕ MISO

Another key Japanese staple, miso contains the bacteria lactobacillus acidophilus which optimises gut health.





FACE FORWARD

Get on the beauty bandwagon with Georgie's top tips for glowing skin

1 DOUBLE CLEANSE

A double cleansing routine is key. The first time to take off the day, the second to actually clean the skin on a deeper level.

2 MASSAGE

Take time to massage in your beauty products. It stimulates circulation to bring nutrients to the skin and relaxes and tones muscles, helping to reduce fine lines.

3 BOOST GUT HEALTH

The state of your tummy is reflected in the state of your skin. So take a good green natural supplement, MSM and a top-notch antioxidant like astaxanthin to keep your skin looking its best.

4 APPLY SERUM

Invest in a multi-tasking serum to cover a multitude of skin concerns like dryness and fine lines.


5 EXFOLIATE

Exfoliation is a must once or twice a week. Manual exfoliation with a grainy scrub clears dead cells to reveal fresh skin. It also increases product absorption and stimulates regeneration and hydration.



➔ and other cultured ingredients can help put the good gut bacteria back where it belongs, aiding digestion and priming the immune system to fight off bad bacteria so your wellbeing stays in tip top condition. 'Kefir, sauerkraut, kimchi and other fermented foods are incredibly beneficial to our gut, and the health of our gut undeniably shows on our skin,' adds Georgie. Just as the live cultures in these foods fuel your insides with nutritious goodness, when applied topically they can get nutrients to skin cells.

Fermenting facts

The fermenting process makes the ingredients superior. Foods are typically soaked in salt water, which allows good bacteria to grow. 'During this process the natural bacteria feed on the sugar and starch in food which creates lactic acid. This process not only preserves the food, but it also creates B vitamins, beneficial enzymes, omega-3 fatty acids, as well as probiotics, therefore making it extremely beneficial to the body and much more nutrient-rich than it was previously,' reveals Georgie. Our skin isn't like our gut in the sense that it can't breakdown ingredients into the individual nutrients - these have to be provided in a more absorbable form. 'Fermentation is one of the best methods of doing this,' says Georgie. 



'The fermenting process makes the ingredients superior'



7 FERMENTED BEAUTY BUYS

1 DARPIN EXQUISISAGE BEAUTY REVEALING CREAM
Is smoother skin on your autumn 2015 beauty radar? This nurturing cream contains strengthening probiotics to revitalise skin and lock in moisture. The special CelluVie Complex contained within also helps to improve elasticity, smoothing away wrinkles.
● £65, escentual.com

2 MURAD PORE AND LINE MINIMIZING HYDRATOR
Formulated to reduce fine lines and balance out skin,

this dual-action hydrator contains kombucha (a fermented Chinese tea), which stimulates collagen production and inhibits its breakdown. The special formula also contains lentil seed extract and witch hazel, which together work to tighten pores and cinnamon extract which reduces inflammation and controls oil production.
● £49.50, murad.co.uk

3 L'OREAL YOUTH CODE REGENERATING SKINCARE SERUM
This intense daily treatment contains a yeast ingredient called bifida ferment lysate which is

thought to have special regenerating powers. Best of all, scientific research reveals you can expect to see results within four weeks. Hello younger skin!
● £25.99, all good department stores

4 CHANTECAILLE VITAL ESSENCE
With its combination of seaweed, vitamin C and a special yeast called bifida ferment filtrate this serum ups the ante of your complexion almost immediately. The gentle formula hydrates, moisturises, reduces inflammation and minimises wrinkles and the

addition of yeast provides an added boost against UVA, stress and pollution. A must for city dwellers.
● £84, uk.spacenk.com

5 ELEMENTAL HERBOLOGY MOISTURE MILK
This super-light hydrating milk combines antioxidants from green tea, acerola cherry and vitamins A, C and E with fermented lactic acid to help balance sebum production, protect against oxidation from environmental elements and locks in moisture to quench parched skin.
● £42, elementalherbiology.com

6 OSKIA RENAISSANCE HAND AND BODY CREAM
This high-tech cream mixes key ingredients with yeast in order to breakdown large molecules into smaller, more bio-available molecules, so they can get to work more easily.
● £34, oskiaskincare.com

7 THE CHUCKLING GOAT SENSITIVE SKINCARE KIT
This best-selling artisan skincare range is made from goat's milk, kefir, other natural goodies and absolutely zero nasties.
● £19.99, (ex. VAT), chucklinggoat.co.uk

BEAUTY BUZZ: MAGIC MICELLAR

Heard a lot about micellar, but not sure what all the fuss is about?
We dipped our cotton pads into the water to find out

If your bathroom cabinet is so well stocked it could rival the aisles of any high street beauty department, you might want to get in on one of the latest products on beauty insiders' lips: micellar water.

Originating in France, the solution has been hailed as a one-for-all hero product that removes make-up, unclogs pores and clears away grime and impurities. So that's your make-up remover, cleanser and toner all in one bottle! And it doesn't need to be washed off either – you just apply with a cotton pad.

So how exactly does the magic work? Micellar water contains 'micelles' – oil molecules to you and me – that act as a magnet and attach themselves to impurities, which then dissolve.

The smart water also doesn't contain any alcohol or chemicals and doesn't require scrubbing, making it one of the most gentle yet effective solutions for sensitive or problem skin. So we've rounded up the very best micellars on the market to get you started. You can thank us later!

Bedtime buddy

If you're a fan of the smooth and dewy feel, you'll love B. Pure's Micellar Water. It also works as a great nighttime cleanser, keeping your face well-moisturised as you get your beauty sleep.

● £4.99, superdrug.com

Dry no more

For those with dry skin, Alorée's Purifying Micellar Water contains chlorophyll to rejuvenate and moisturise.

● £18.50, pravera.co.uk

Plush potion

Treat skin to a quality cleanse with Madara's Micellar Water – a micelle and aloe vera juice formula with peony root extract for extra antioxidants.

● £12, mypure.co.uk

Team strong

Nivea's 3in1 Micellar Cleansing Water from its Daily Essentials Sensitive range has been developed to cleanse while restoring strength and resistance to irritants and tightness.

● £4, superdrug.com

Super water

Janjira's Pomegranate & Acai Micellar Water feeds and hydrates your skin with superfoods while removing all the impurities. Fancy!

● £28, janjira.co.uk

Clean sweep

Keep your skin in balance with Delarom's Cleansing Water. The micellar formula clears up dirt and excess sebum for the skin to absorb other products – such as moisturiser – more efficiently.

● £12, urbanretreat.co.uk

Fresh eyes

Wash away all that stubborn make-up – the waterproof stuff too – with Phytomer's brilliant Micellar Water Eye Makeup Remover Solution.

● £19.50, phytomer.co.uk



Good hair day

Made from 100 per cent raw ingredients Morrocco Method is an all-natural haircare range that nourishes hair from the inside out thanks to its botanicals, marine proteins, herbs and minerals.

● £29, morroccomethod.co.uk

Clear thinking

This Juice Beauty Blemish Clearing Cleanser is a saviour for problem skin. The magic potion removes impurities, soothes and hydrates combination to oily complexions, and unclogs pores.

● £21, naturisimo.com



WE LOVE



Fresh and fabulous

Reminiscent of a summer's day, this bergamot and lime deodorant will transport you to warmer climes this winter (if you close your eyes). Rich in essential oils, it also contains shea butter, arrowroot, cacao and hop extract.

● £4.50, abeautifulworld.co.uk

Serve and protect

Safeguard skin from the sun – yes, even in the winter – with SkinCeuticals' Mineral Radiance UV Defense SPF50. This nifty newcomer performs brilliantly under make-up – and it's 100 per cent natural to boot.

● £39, skinceuticals.co.uk



BEAUTY HEROES

Update your look-hot routine with these fab new finds



Spot the difference

Inika's 100 per cent organic foundation glides smoothly onto the skin to create a fresh and flawless finish. Non-cakey, it lets the skin breathe, minimises pores and provides buildable coverage. Plus it's SPF15 – bonus!

● £27.50, inika.co.uk

False friends

Add instant intensity to your gaze with these natural-looking falsies from Ecotools. They're safe for sensitive eyes and contact lens-wearers and come with a paraben-, phthalate-, latex-free glue that's gentle on your own lashes. Give them a flutter for serious lash envy!

● £5.99, boots.com



To dye for

This organic Henna Brick from Lush gives hair an injection of colour lasting 12 weeks. Used widely in India as a deep conditioner, henna forms a coating around individual strands to protect them from breakage.

● £9.25, lush.co.uk

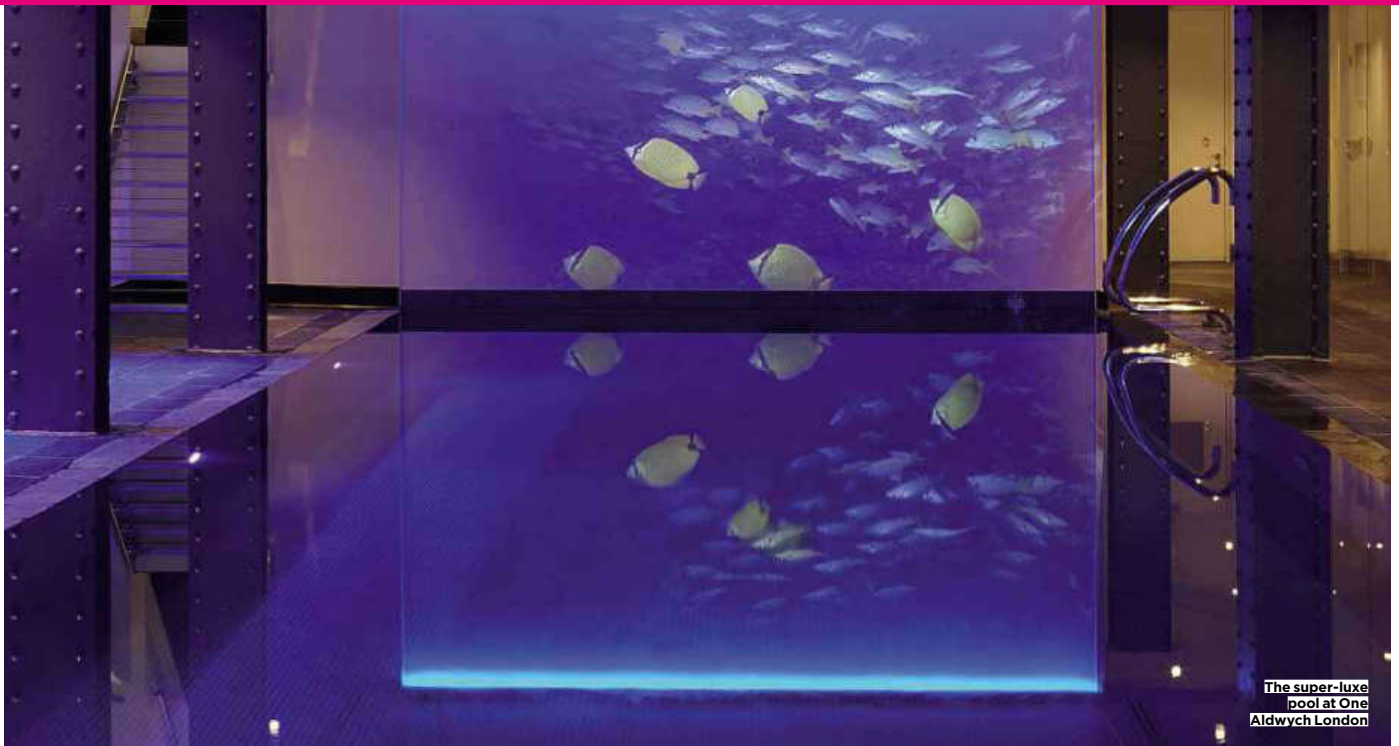


Smooth talking

Looking for an effective way to banish cellulite and improve skin tone? Add daily pre-shower dry-brushing to your routine using the Mio Natural Dry Brush.

● £14.50, mioskincare.com





3 of the best treatments

We cherry pick the hair, face and body treats designed to make life that little bit sweeter

The stress-reliever

WHAT: Deep Tissue Massage, £120 for 50 minutes

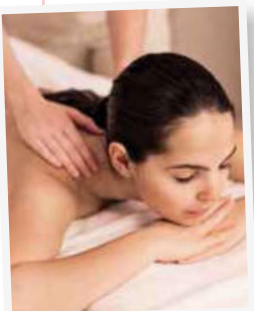
WHERE: Akasha Spa, Hotel Cafe Royal, London, hotelcaferoyal.com

THE LOWDOWN: As this treatment is just 50 minutes long, the therapist focused mainly on my back and legs. With the combination of calming essential oils and the firm pressure I requested, the massage turned out to be both super-relaxing and incredibly remedial. The deep pressure felt amazing (the therapist was *not* afraid to use her elbows) and my muscles were thankful almost immediately. I could feel the tension drain from my body, and

my mind felt more at ease.

THE VERDICT: Soreness and tight muscle pain vanished and I all but floated out of the room.

Amanda Khourv



The hair revamp

WHAT: Olaplex treatment, £28 and hair colour, from £56

WHERE: Taylor Taylor, Shoreditch taylorlondon.com

THE LOWDOWN: My hair was in urgent need of a colour revamp and hydration hit – my blondie locks were starting to look dull and parched. After a quick consultation my colourist got to work applying the ombre colour I was after. Next up the Olaplex treatment, designed for use on over-coloured hair, was applied to my locks in two steps. The high-tech treatment changes the way your hair reacts to colour and helps to reconnect broken bonds.

Smart, huh?

THE VERDICT: My hair was like new – glossy and strong! And the colour was spot on. I'll be back. *Ellie Moss*



The face-renew

WHAT: OSKIA Signature Glow Facial, £125 for 75 mins

WHERE: The Health Club, One Aldwych London, onealdwych.com

THE LOWDOWN: If you always opt for body treatments, you're been missing out. Coupled with a massage movement, the unique stages of this facial made for a deeply relaxing flow that calms your entire body. Before each step, the decollete, neck and face is covered and cleaned with a heated towel – to help prep the skin but also to serve as a soothing reminder to let go and unwind. It's details like these that make the OSKIA facial both a skin

correcting and luxury pampering treatment.

THE VERDICT: My face felt brand new, with my mind and body following close behind. *Lisa Nguyen*



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NUTRITION

102 Easy, healthy baking swaps // 106 Recipes for a younger you
110 Healthy bites // 111 In season // 113 Upgrade your meals



JUST BEET IT!

If you're in the mood for a run, then down a glass of beetroot juice before you do. Not just great for your immune system and for lowering your blood pressure, research from Kansas University revealed it might also help improve athletic performance. The study showed the nitrates found in beetroot increased blood flow to skeletal muscles during exercise. The Auburn University football team drank beetroot juice before each game and believed the juice may have contributed to their winning season. 'Beet' you can't believe it.

THE GREAT **NUTRITIOUS** BAKE OFF

Have your cake and eat it with
our guilt-free guide to baking

*'All that whisking,
sieving and
folding is an
amazing
stress-buster'*

There's something quite therapeutic about cooking up treats in the kitchen. All that whisking, sieving and folding is an amazing stress-buster, soothing the soul and lifting the spirits.

But as meditative as baking can be, when you're watching your waistline, all that buttery loveliness won't help to keep your figure in the safe-zone. So, if you want to avoid your diet going off the rails, but still want sweetness in your life, you need to look a little further than standard baking ingredients, as getting inventive in the kitchen is key to saving on calories while packing in the nutrients, and noshing on treats. 'Most of us feel better without processed foods, sugar, wheat, yeast, alcohol, caffeine and white flour, but the access to these foods has in the past been very limited. Now, thankfully, healthy alternatives are far more mainstream,' says Christianne Wolff, author of *The Body Rescue Plan* (thebodyrescueplan.com).

We're a far more health-conscious nation than we were 10 years ago. 'These days people want to know what they're eating. With so much choice available, it's easy to eat healthy and still enjoy what's on your plate. Healthy food no longer means boring food,' says Ferne McCann, TV personality and Fashionable Foodie blogger, (fernemccann.co.uk). Thanks to the wide range of alternatives on offer, life is easier for the increasing

number of people suffering from dairy or gluten intolerances who thankfully now don't need to forgo taste in order to meet

their dietary requirements. 'Gluten and dairy have become problems for a lot of us so still being able to tuck into dessert without compromising dietary restrictions is appealing,' adds Primrose Matheson, founder of healthy food brand Primrose's Kitchen (primroseskitchen.com). So, whether you're giving up specific ingredients due to intolerances, allergies, ethical reasons or simply want to control weight gain, keeping these secret ingredients in your apron will help.

IT'S TIME FOR A BAKING REBOOT

Here's our round-up of the best healthy ingredients and their amazing health benefits

AVOCADO

OFFERS: GLOWING SKIN

Mashed avocado is a brilliant substitute for any recipe that calls for butter. High in skin-boosting monounsaturated fats, potassium and fibre, avocados add softness and moistness to baked goods. You'll never want to bake with butter again!

GROUND ALMONDS

OFFERS: A HEFTY PROTEIN HIT

Swapping regular plain flour for ground almonds yields an unbelievably light and naturally sweet product that's crammed with protein so you feel satisfied for hours. 'Almonds are one of the most nutritious nuts you can eat. They are high in protein and won't play with your blood sugars. They are low on the glycemic index and are not moreish so you won't overeat,' shares Christianne.

POLENTA

OFFERS: A HEALTHY GLUTEN-FREE FLOUR SUBSTITUTE

Lauded by celeb chefs like Nigella, polenta makes a great gluten-free alternative to flour. Just like almonds, this Italian ground maize adds a springy lightness to cakes. 'Many people find it easier to digest than wheat, and it's also high in vitamins A and C,' adds Primrose.

STEVIA

STEVIA

OFFERS:

A NATURAL SWEET BOOST

The good thing about stevia is that a small amount goes a long way as it's far sweeter than regular sugar and contains minerals including potassium and zinc. 'Natural sweeteners like stevia will not have such a huge effect on your insulin levels, so you don't then have highs and lows with your energy,' says Christianne.

MOLASSES

OFFERS: IMPRESSIVE

NUTRITIONAL VALUE

We all know that sugar contains zero nutritional benefits, but molasses, a dark syrupy by-product of sugar cane is packed with healthy goodness. 'Molasses contains all the magnesium, iron and other minerals that sugar cane naturally contains, which are lost when we convert it to caster sugar,' explains Primrose.

VEGETABLES

OFFERS: AN ANTIOXIDANT BOOST

Looking for an easy way to sneak more veggies into your diet? How about baking with them? 'Fruit has long been a staple accompaniment for savoury dishes, so it makes sense to switch it around and make the same apply to veg and desserts,' says Ferne. Beetroot adds velvety moisture, sweet potato yields a product with unbelievable fluffiness and carrots offer natural sweetness – all this plus a massive dose of health-boosting antioxidants!

BEETROOT

AVOCADO

BROWN RICE FLOUR

GROUND ALMONDS

POLENTA

CARROTS

SWEET POTATO



CHRISTIANNE'S TOP RECIPES



BODY RESCUE CHOCOLATE GOO CAKE

A cake without sugar or flour? Sounds too good to be true! But this delicious cake ticks all the flavour boxes and it's guilt-free

Ingredients

- 200g coconut oil
- 4tbsp chia seeds soaked in a cup of water for 15 mins.
- ½ cup raw cocoa
- 5 medium eggs
- 1 cup ground almonds
- 1 cup of natural sweetener (choose

- coconut or palm sugar, yacon or Stevia)
- Pinch of salt (Celtic or Himalayan)
- 1tsp bicarbonate of soda

Method

- 1 Whisk eggs, then mix with all the ingredients together in

a large bowl.

- 2 Grease a cake tin and place the mixture in the tin and bake at 180°C for 45 minutes.
- 3 Place fruit or edible flowers on top.
- 4 This is a delicious cake to be eaten warm or cold.



SWEET POTATO CHOCOLATE BROWNIES

This recipe is super-simple to make and is absolutely packed with veggie goodness

Ingredients

- 1 sweet potato
- 1 handful of sesame seeds
- 120g ground almonds
- 60g buckwheat flour
- 7 dates
- 2tbsp raw cacao
- 2tbsp date syrup
- 1 pinch of salt

Method

- 1 Put oven on at 180°F.
- 2 Peel and cut the sweet potatoes and cook until they are soft (steam or bake).
- 3 Add the dates and sweet potato to a blender for a yummy mix.

- 4 Now blend all the other ingredients together in the mixing bowl.
- 5 Place in a baking dish and cook for 20 minutes. When you take it out make sure you leave it for at least 10 minutes to cool or it may fall apart!

PRIMROSE'S TOP RECIPES



BERRY CHEESECAKE

Decadent and dairy free, this post-dinner treat offers a healthy dose of antioxidants

Ingredients

- 1 cup Primrose's Kitchen beet and ginger muesli
- 7 soft dates
- 2tbsp water
- 2½ cups cashews, soaked overnight
- ½ cup lemon juice
- ½ cup agave syrup
- 1tbsp coconut oil, liquefied
- 2tsp vanilla extract
- Frozen blackberries and raspberries

Method

- 1 In a food processor, mix the muesli, the water and the dates to combine until a dough forms.
- 2 Press the mixture firmly into muffin cups, use the back of a spoon or your fingers to flatten the surface. Set aside.
- 3 Blend the drained cashews, agave syrup, lemon juice and

vanilla until smooth.

- 4 Add the coconut oil and blend.
- 5 Use a big dessert spoon to dollop the mix over the base and pop some berries inside.
- 6 Set in the freezer for at least three hours. Transfer to the fridge to soften before serving, then pop the rest of the frozen berries on top.



DAIRY FREE BREAKFAST MUFFINS

Start your day the healthy way with these healthy treats

Makes 5 small breakfast muffins

Ingredients

- 50g raw nut butter
- 40g raw agave/coconut blossom nectar
- 50g gluten-free self-rising flour
- 1 egg

Method

- 1 Preheat the oven to 180 degrees.
- 2 Cream the butter and sugar together in a bowl until pale. Beat in the egg a little at a time.
- 3 Next, fold in the flour using a large metal spoon and spoon mixture into paper cupcake cases.

- 4 Bake in the oven for 8 - 12 minutes, or until the muffins are golden-brown on top and a skewer inserted into one of the cakes comes out clean.
- 5 Set aside to cool for around 10 minutes, then remove from the tin and cool on a wire rack.

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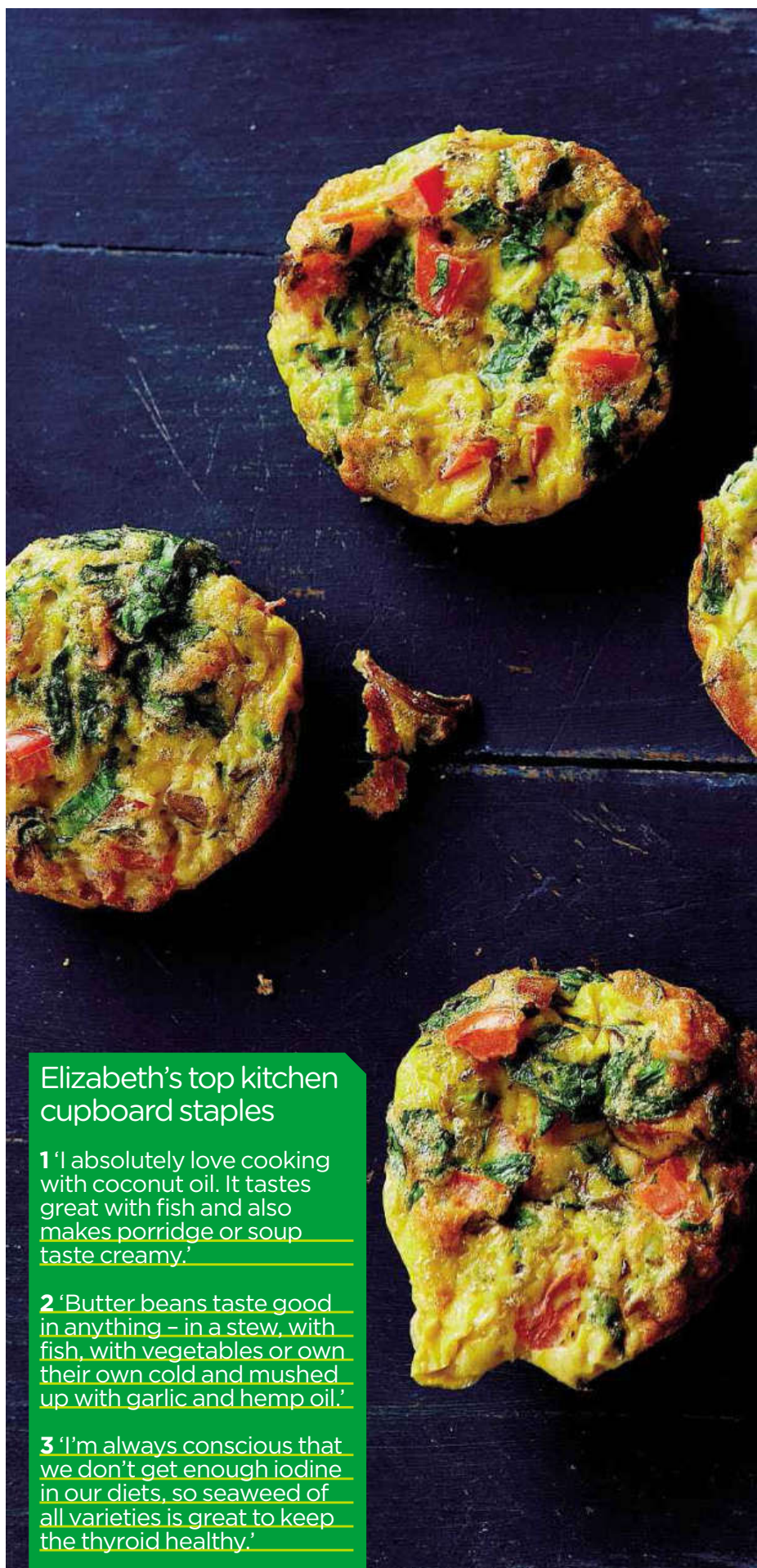
Food to stay forever young

Stay sprightly and youthful whatever your age with *Cook Yourself Young* by Elizabeth Peyton-Jones

With more and more of us getting tuned in to just how powerful and effective nutrition can be when it comes to good health, Elizabeth Peyton-Jones – author of *Cook Yourself Young* – believes that healthy eating is here to stay. And we hope she's right!

Her new book, which follows the success of *Eat Yourself Young*, is packed with recipes that incorporate what she calls 'rejuvenating foods.' The dishes are designed to use nutrition to feel good, look great and stay youthful, without ditching tasty food. '*Cook Yourself Young* is about keeping yourself healthy and fit for life,' Elizabeth says. 'With good nutritious food you reach your perfect weight, you feel vibrant, you have good relationships and you feel a growth in self-esteem – all of which is very attractive.'

With a huge rise in people being more aware and interested in what they're eating, we tend to see lots of similar healthy recipes floating around. Kale chips, anyone? How about a green juice or courgetti? But you'll be pleased to hear that, according to Elizabeth, there are loads of foods that can be good for you, and there's no need to ever limit yourself: 'All vegetables are "super" if they're right for you,' she adds. 'There are about 2,000 of them, so take your pick and make sure you vary your diet.' If that seems a little daunting, it isn't – it just means more choice! The recipes in *Cook Yourself Healthy* are easy, even if you're not exactly a whizz in the kitchen. As Elizabeth says, 'It's about being the best you can be, reaching your potential and vibrating on a high level as well as looking and feeling fabulous.'



Elizabeth's top kitchen cupboard staples

1 'I absolutely love cooking with coconut oil. It tastes great with fish and also makes porridge or soup taste creamy.'

2 'Butter beans taste good in anything – in a stew, with fish, with vegetables or on their own cold and mashed up with garlic and hemp oil.'

3 'I'm always conscious that we don't get enough iodine in our diets, so seaweed of all varieties is great to keep the thyroid healthy.'



SCRAMBLED EGG BREAKFAST MUFFINS

A hugely 'youthing' breakfast, this contains full amino acids (from eggs), immune-boosters (from shiitake mushrooms and onions), antioxidants (from spinach and tomatoes) and lots of lovely vitamins (including hard-to-get B12 in the nutritional yeast).

Serves 4

- 6 dried shiitake mushrooms
- 1tsp coconut oil
- 6 large eggs

- 3 spring onions, thinly sliced
- 50g baby spinach, shredded
- 2tbsp nutritional yeast flakes
- 2 tomatoes, flesh chopped, seeds discarded
- ¼tsp cayenne pepper

1 Put the shiitake in a small bowl and cover with just-boiled filtered water. Leave to soak for 30 minutes, then drain and finely chop.

2 Preheat the oven to 200°C/fan

180°C/400°F/gas mark 6. Oil a six-hole non-stick muffin tray with the coconut oil.

3 Whisk the eggs well and beat in the spring onions, spinach, mushrooms, nutritional yeast, tomatoes and cayenne. Divide between the muffin holes.

4 Bake for 20-25 minutes, until well risen. These are delicious hot or cold, so are a perfect packed lunch when you are on the go.

BARLEY SALAD WITH FIGS AND ROCKET

Barley is an under-used, under-valued grain, but it's a great weapon in your youthing armoury. It helps control blood sugar, reduces cholesterol and visceral fat (the health-damaging stuff that wraps around your internal organs). It is low-cal yet leaves you feeling fuller for longer. This salad is a combination of delicious, digestive, antioxidant and alkalising... how youthing is that?

Serves 2

- 100g pearl barley
- 4 fresh figs, quartered
- 50g rocket leaves
- 2 spring onions, sliced
- Leaves from a small bunch of flat-leaf parsley or coriander, roughly chopped
- 30g almonds, roughly chopped
- Juice of 1 lemon
- 2tsp extra virgin olive oil
- 50g feta cheese, or ½ avocado (optional)

1 Tip the pearl barley into a sieve and rinse well under cold filtered water to remove the excess starch.

Pour into a pan and cover with cold filtered water. Bring to the boil, cover and simmer over a medium-low heat for 40-50 minutes, until tender but with a slight bite. Drain and run under cold filtered water until cool. Drain once more. Set aside in a large salad bowl.

2 Combine the figs, rocket, spring onions, herbs and almonds with the barley. Toss the lemon juice and oil through the salad, then crumble the feta or slice the avocado over the top, depending on which of these you are going to use.





GARDENER'S PIE

Unlike shepherd's pie (lamb) or cottage pie (beef), this vegan, dairy- and gluten-free version of the traditional dish is made from the best produce of the garden. It has a deep gravy taste you'll love on a cold winter's day, while the powerful nutrients in the root veg will give you energy and vigour.

Serves 6

For the filling

- ½ onion, chopped
- ½tsp coconut oil
- 1 carrot, chopped
- ¼ aubergine, chopped
- 1 garlic clove, finely chopped
- 3 tomatoes
- 2tsp thyme leaves
- 1tbsp chopped parsley leaves
- Pinch of caraway seeds
- 400g can of pinto or aduki beans, drained and rinsed

- 60ml vegetable stock, ideally homemade
- ½tsp gluten-free miso paste
- 2tsp nutritional yeast flakes
- 10 drops of liquid amino acids

For the topping

- 2 sweet potatoes
- 1 medium floury potato
- 1tsp nutritional yeast flakes
- 10 drops of liquid amino acids
- 50ml vegetable stock, ideally homemade
- Freshly ground black pepper

1 Steam-fry the onion with a little filtered water and the coconut oil, add the carrot, aubergine and garlic and fry for two to three minutes. Reduce the heat and cook until the veg are a little soft.

2 Quarter and deseed the tomatoes and liquidise the flesh. Add half to the veg

with the thyme, parsley and a good pinch of caraway. Stir gently, then add the beans, stock and miso paste. Cook slowly, stirring occasionally, for about 10 minutes. Be careful it doesn't catch on the pan and, if you think it might, add a splash more filtered water. Now add the nutritional yeast flakes, the amino acids and the rest of the tomato. Put into a pie dish.

3 Preheat the oven to 200°C/fan 180°C/400°F/gas mark 6.

4 Now prepare the topping. Boil both types of potato together until tender, then drain and mash with the nutritional yeast flakes, amino acids and stock, seasoning with pepper. Spread the potato on top of the filling, fluff the top with a fork, then bake for 20 minutes.

SPELT PIZZA WITH SPRING ONIONS, ARTICHOKE AND ROSEMARY

This is my take on traditional family TV food, except this pizza will leave you with a spring in your step instead of a heavy, dull ache. You can change the toppings if you like but, if you are on a detox, artichoke is great for the liver and tomatoes are an antioxidant. The herbs also aid immunity.

Makes 2 large pizzas / Serves 4

For the topping

- ½ onion, cut into large chunks
- 1 garlic clove, peeled
- 1tsp avocado oil
- 4 large tomatoes, peeled, deseeded and roughly chopped
- ½tsp dried oregano
- Pinch of Himalayan or Celtic salt
- 4 artichoke hearts in oil, drained and sliced
- 8 spring onions, sliced lengthways
- 2tsp roughly chopped rosemary leaves
- 50g goat's cheese, crumbled or grated

For the dough

- 250g wholegrain spelt flour, plus more to dust
- Pinch of Himalayan or Celtic salt
- 2tsp baking powder

1 Begin by making the sauce. Place the onion and garlic in a food processor and blitz until it's puréed. Heat the oil in a pan and add the onion and garlic mix. Fry gently for five minutes, until cooked through. Meanwhile, blitz the tomatoes in a food processor until puréed. Add the tomatoes to the onion mix, with the oregano and salt. Continue to cook until thickened. Set aside to cool.

2 Preheat the oven to 240°C/fan 220°C/475°F/gas mark 9. To make the dough, sift the flour into a mixing bowl and stir in the salt and baking powder. Make a well in the centre and pour in the oil and up to 150ml of warm filtered water to make a firm dough. Bring together with your hands, add extra filtered water if necessary, and knead briefly.

3 Divide the dough into two and roll out on two lightly floured baking sheets into rectangles. Spoon the sauce over the base, then scatter the remaining toppings over the top of the pizzas.

4 Bake in the oven for around 8-10 minutes until golden. Serve immediately.





AVOCADO MOUSSE WRAPPED IN SPINACH

This is the perfect dinner party starter: easy to make, it looks and tastes a million dollars and is super-good for you. (Just scale up the quantities to make more.) Guests will feel satiated but 'light' as the happy fats in the avocado work their magic alongside four great alkalisers and detoxers: spinach (high in vitamin K and calcium); watercress; rocket; and fennel. As a protein option, goat's cheese is easier to digest than other dairy products, but leave it out if anyone is lactose-intolerant.

Serves 2

For the mousse

- A little olive oil
- 8 large spinach leaves
- 1 large avocado
- 8 basil leaves
- 40g soft goat's cheese
- 1tsp chia seeds
- 1 spring onion, finely sliced
- 2 sprigs of flat-leaf parsley
- Juice of ½ lime
- Pinch of freshly grated nutmeg

- Mixed seed crackers, to serve (optional)

For the salad

- Handful of mixed rocket and watercress leaves
- ½ sweet pepper, sliced into matchsticks
- 8 French beans, sliced into matchsticks

For the dressing

- 2tbsp hemp oil
- 1tbsp lime juice
- Large pinch of ground fennel seeds
- Freshly ground black pepper

- 1 Brush two ramekins with oil and line the bases with greaseproof paper or some baking parchment.
- 2 Drop the spinach leaves into boiling water, then immediately drain and plunge them into a bowl of cold water. When they are cold, drain once more and pat dry.
- 3 Spread the spinach leaves out and use them to line the ramekins,

with excess overhanging the top (to cover the mousse later).

- 4 Place the peeled, pitted avocado, basil, goat's cheese, chia seeds, spring onion, parsley, lime juice and nutmeg in a blender with 1tbsp of filtered water. Pulse-blend until smooth.

- 5 Spoon the avocado mousse into the ramekins and cover the top with the overhanging spinach. Refrigerate for two or three hours.

- 6 Put the salad ingredients in a bowl. To make the dressing, put all the ingredients into a jar, screw on the lid, then shake to emulsify. Toss the dressing with the salad and place on two plates.

- 7 Tip each ramekin upside down on to a board; the mousse will tip out as you do this. Remove the papers and place on the salad. Finish with mixed seed crackers to serve alongside the mousse, if you like.

RAW VEGAN CHOCOLATE CHEESECAKE

The best treat for anyone who's gluten- or dairy-free, raw or vegan. It's delicious and rich in nuts, vanilla and cinnamon... and so mood-enhancing and nutritious, too. But don't eat the *whole* thing and expect to feel youthful!

Serves 8

For the filling

- 260g raw cashew nuts
- 1 small courgette, peeled
- 25g raw cacao powder
- 85g maple syrup (optional)
- 1tbsp vanilla powder, or seeds of 1½ vanilla pods
- ¼tsp Himalayan or Celtic salt
- 43g coconut oil, melted

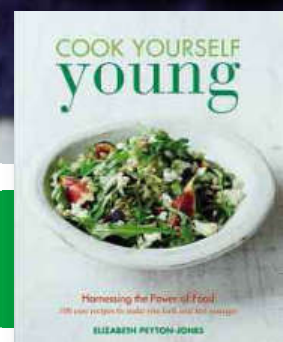
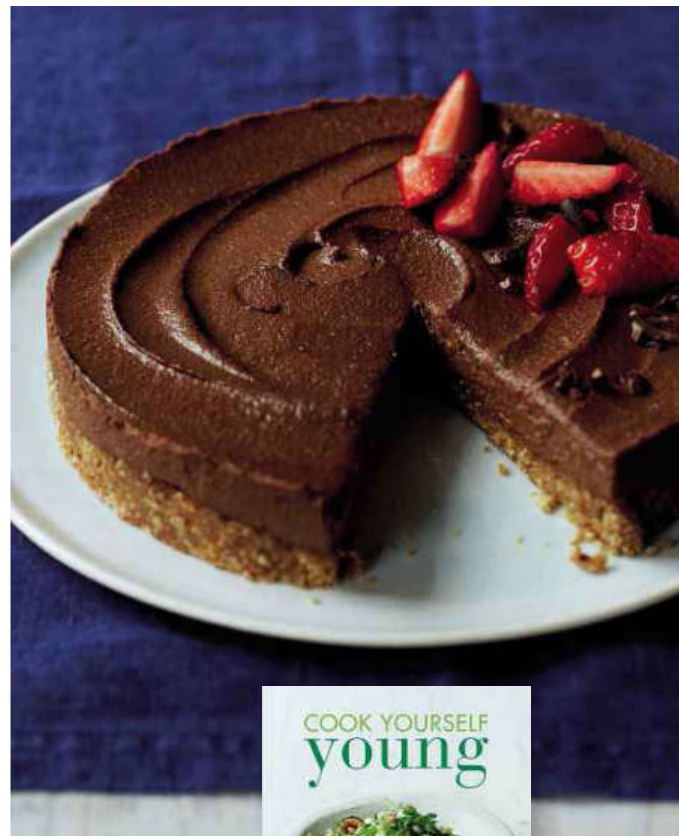
For the crust

- 100g almonds
- 100g hazelnuts
- 90g Medjool dates, pitted
- ½tsp ground cinnamon (optional)
- 1½tbsp coconut oil

To decorate

- 100g strawberries
- Pinch of black pepper
- 1tbsp cacao nibs

- 1 For the filling, soak the cashew nuts for two hours, then drain.
- 2 For the crust, blend the nuts and dates in a food processor, add the cinnamon and coconut oil and blend until combined. Line the base of a 20cm springform cake tin with greaseproof paper. Press the crust down inside, then place in the freezer for 30 minutes.
- 3 Chop the courgette into four. Blend the cashews until smooth, then add the courgette, cacao, maple syrup, vanilla, salt and coconut oil. Blend until smooth, then spread over the crust. Return to the freezer and leave to set.
- 4 Take out of the freezer 30 minutes before serving. Slice the strawberries, scatter with the pepper to bring out the flavour, then arrange them on top of the cheesecake and scatter the cacao nibs.



Readers of *Women's Fitness* can buy a copy of *Cook Yourself Young* for the special price of £9.99 (rrp £14.99) including free P&P. To order, please call 01256 302699 and quote code ER9.

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● £5.50, positivitea.london



Healthy bites

Want to fill your trolley without filling out? It is possible, says Amanda Khouv

DID YOU KNOW?

Eating cooked whole eggs alongside vegetables can increase the **absorption of the antioxidants carotenoids**



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Love biscuits, but don't want to ruin your healthy eating stint? These custard cream and bourbon biscuit tins are just like having the real thing... sort of. Use them to store your guilt-free snacks and feel extra smug when you tuck in!

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Sprinkled over porridge, this blend of milled linseed, chia, goji berries and more will give your morning a real kickstart.

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THREE WAYS WITH POMEGRANATE



WARM QUINOA AND POMEGRANATE PORRIDGE (SERVES 4)

Cook 1 cup of quinoa as per packet instructions until just underdone. Drain and put back over a low heat with ½ cup of almond milk and 2tbsp almond butter, and keep stirring for a few minutes. Remove from the heat and add 1 cup of strawberries, 1 cup of blueberries and a handful of pomegranate seeds. Add some honey or more almond milk if required.



POMEGRANATE PROTEIN SHAKE (SERVES 1)

In a blender, mix together 120g frozen berries, 240ml pomegranate juice, 1oz protein powder, 1tbsp honey and 1 banana.



KALE, POMEGRANATE AND AVOCADO SALAD (SERVES 2)

Remove the stems and tear four handfuls of kale into a bowl. Make a dressing with 1tbsp olive oil, 1tsp tahini, 1tsp apple cider vinegar, 1tsp tamari or soy and the juice of 1 lime. Pour over the kale and mix before adding the seeds of one pomegranate, 1 chopped avocado and some pumpkin seeds.

FOOD FOCUS

Pomegranate

Pink, juicy and full of goodness, we can't get enough of pomegranate this month

Pomegranate literally translates into 'seeded apple' and originates from the Middle East. With its distinctive ruby-red, jewel-like seeds, the pomegranate has fast become a superfood thanks to its high antioxidant status and subsequent health benefits.

Antioxidants are vital for protecting the health of your cells against attack and help to inhibit cell proliferation and invasion, and promote apoptosis (cell death) in various different cancers. Pomegranates have been shown to contain 124 different phytochemicals including those known as ellagitannins, which are also found in strawberries, raspberries, walnuts and almonds, account for around half of all pomegranate antioxidant ability. In fact, a 2008 study found that pomegranate juice was the number one polyphenol-rich juice out of 10 tested, and its potency was up to 20 per cent greater than even blueberry and grape juice.

Pomegranates are also a good source of fibre, vitamins A and E and iron, and just one pomegranate will provide you with up to 40 per cent of your daily vitamin C requirements. In fact, the fibre found in pomegranates can help to keep your digestive system healthy as just one pomegranate can provide about 45 per cent of your daily recommended intake of fibre.

Pomegranate seeds can be eaten directly, or you can buy a pomegranate juice – just make sure it has no added sugar – and there is increasing evidence

about the power of pomegranate juice. One study showed that drinking 238ml or pomegranate juice a day for three months increased blood flow to the heart and lowered the risk of heart attack, and that it can also help lower high blood pressure.

A second study has also shown that drinking just 50ml a day, for three years, decreased damage caused by cholesterol in arteries by half, and reduced cholesterol build-up, making pomegranate juice a heart-boosting drink.

Pomegranates are also great if you suffer with any joint inflammation or arthritis, as they contain flavanols, which may help with reducing inflammation that contributes to the breakdown of cartilage and may also help to relieve joint pain in conditions such as osteoarthritis.

If you're highly stressed, then you too may benefit from drinking 500ml pomegranate juice every day. According to a study by Queen Margaret University, pomegranates help to lower psychological stress as it helps to lower cortisol within the body, our stress hormone that is increased under stressful situations.

Superfood stats

100G POMEGRANATE PROVIDES:

- 83 calories
- 1g fat
- 19g carbohydrates
- 4g fibre
- 2g protein

'150ml a day also counts as one of your five a day'



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Upgrade your meals

Make healthy eating easy with these tasty recipes

Vietnamese
beef skewers
with pickled
carrot salad



Jo Pratt's new book, *In the Mood for Healthy Food* shows you all the easiest, most effective and

- most importantly - delicious ways to give your everyday eating an overhaul. With tips and tricks about new ingredients, substitutions and time-saving, Jo makes healthy eating a breeze.



VIETNAMESE BEEF SKEWERS WITH PICKLED CARROT SALAD

Munching on raw carrots would be a very healthy thing to do, after all they are packed with vitamin A, but quite frankly that wouldn't really be everyone's idea of fun! So, why not make the humble carrot a little more interesting and pickle it. This is a quick pickling method so your nutrients aren't all lost in the cooking process. Serve with super tasty beef skewers and you'll be wanting to make this recipe over and over again!

SERVES 4

Preparation time:

25 minutes, plus at least 30 minutes' marinating

Cooking time:

10-12 minutes

For the beef skewers:

- 600g/1lb 5oz sirloin steak (or 4 steaks about 150g/5½oz each)
- 1 lemongrass stalk, finely chopped
- 2 garlic cloves, crushed
- 2 spring onions/scallions, finely chopped
- 4tbsp fish sauce
- 2tbsp palm sugar or soft brown sugar
- 1 handful coriander/cilantro leaves

For the pickled carrot salad:

- 125ml white wine vinegar
- 2tbsp palm sugar or soft brown sugar

- 1 red birds' eye chilli, finely chopped
- 4 large carrots, peeled
- 1 red onion, very finely sliced

1 Trim any fat from the steak and thinly slice into long strips. Put in a bowl and combine with the lemongrass, garlic, spring onions/scallions, fish sauce and sugar. Leave in the fridge to marinate for a minimum of 20-30 minutes.

2 To make the salad, put the white wine vinegar, sugar and chilli in a small saucepan and bring to the boil over medium-high heat, stirring until the sugar dissolves. Remove from the heat and transfer to a large bowl to cool.

3 Slice the carrots into matchsticks, ideally using a julienne peeler or mandolin. Add to the bowl with the cooled vinegar, along with the red onion. Mix well and set aside for the carrot to 'pickle' for around 30 minutes.

4 To cook the beef, thread a few strips onto each skewer in a rippled effect. Heat a griddle/grill pan over high heat until smoking hot. Cook each skewer for about 3-4 minutes on each side. Serve with the pickled carrot and scatter with coriander/cilantro leaves.



TRAY BAKED BRILL AND PUY LENTILS WITH SALSA VERDE

You can use other white fish for this, such as cod, bream, bass, haddock or pollock. My personal favourite is the meaty texture and delicate flavour of brill. There is a lovely combination of flavours and textures coming from this dish and it is all finished off really nicely when you spoon the tangy, salty herby salsa verde over the top when serving.

SERVES 4

Preparation time:

20 minutes, plus 20 minutes' soaking

Cooking time:

- 250g dried Puy lentils
- 25g dried porcini mushrooms
- 3tbsp olive oil, plus

extra for drizzling

- 1 red onion, finely sliced
- 1 red pepper, deseeded and sliced
- 250g baby plum or cherry tomatoes, halved
- 4 brill fillets, skinned
- 100g baby spinach leaves
- Sea salt and freshly ground black pepper

For the salsa verde:

- A small bunch of parsley leaves
- A small bunch of basil leaves
- 1tbsp capers
- 4 anchovy fillets
- 1 garlic clove
- 1tbsp lemon juice
- 4tbsp olive oil

1 Cook the lentils in a pan of boiling water for 15-20

minutes until they are tender. Drain well. Cover the mushrooms in 250ml hot water and leave to soak for 20 minutes.

2 Meanwhile, make the salsa verde. Very finely chop the parsley and basil leaves, with the capers, anchovy fillets and garlic. Put everything in a bowl, mix in the lemon juice and olive oil, and season with salt and pepper. Stir in a little water to loosen the consistency, if needed. Set aside until you are ready to serve.

3 Preheat the oven to 200°C/400°F/gas 6. Heat the oil in a roasting pan over a medium heat on the hob. Add the onion and pepper and cook for about 5 minutes until

softened, but not coloured. Remove from the heat and stir in the cooked lentils and halved tomatoes.

4 Drain the mushrooms, reserving 185ml of the soaking liquid. Chop the mushrooms and add the mushrooms and soaking liquor to the roasting pan. Stir everything together.

5 Sit the brill on top of the lentils, skin side down. Drizzle with olive oil, then season the whole pan with salt and pepper. Roast for 15 minutes, or until the fish is cooked through.

6 Gently lift the fish from the tray. Stir the spinach into the lentils, until it is wilted. Spoon onto plates, sit the fish on top and serve with salsa verde.

POACHED CHICKEN BROTH WITH SPRING GREENS

Spring greens are the ideal antidote to overindulging during the winter months. They're part of the Brassica family and have a silky soft texture and sweet flavour that lends itself perfectly to a light and flavoursome poached chicken broth. As for their health benefits, well, you really can't eat enough of them. They provide you with a seriously useful amount of vitamin C, to support your immune system, and vitamin K to build bone strength, plus natural compounds with anti-inflammatory and anti-cancer properties.

SERVES 4

Preparation time:

15 minutes

Cooking time:

2¼ hours

To poach the chicken:

- 1kg–1.2kg/2lb 4oz–2lb 12oz whole chicken
- 2 leeks, roughly chopped
- 2 carrots, roughly chopped
- 2 celery stalks,

roughly chopped

- 4 garlic cloves
- 2 bay leaves
- 2tsp salt

For the broth:

- 150g spring greens, finely sliced
- 125g frozen peas, defrosted
- 8 spring onions/scallions, chopped
- 4tbsp low-fat crème fraîche or sour cream
- Finely grated zest of ½ lemon
- 1 large handful of fresh chervil, basil, mint or chives, roughly chopped
- Sea salt and freshly ground black pepper

1 Put the chicken into a large saucepan with the leeks, carrots, celery, garlic cloves, bay leaves and salt. Cover with about 2.5L cold water and bring to the boil over a high heat. As soon as it boils, reduce the heat to low-medium and skim away any scum on the surface with a metal spoon. Loosely cover with a lid and leave to simmer for 2 hours. Lift the chicken from the

pan and sit on a plate. Cover with kitchen foil.

2 Strain the stock left in the pan through a sieve into a couple of large jugs. Skim away any fat that rises to the surface.

3 Pour 1.5L of the stock into a wide-based saucepan and bring to the boil over a high heat. Allow the liquid to reduce to roughly 750ml. Any remaining stock should be left to cool, then refrigerated for another time.

4 Meanwhile, take the meat off the chicken and break into chunky pieces. It should fall off the bone.

5 Once the stock has reduced, add the spring greens to the pan and allow to cook for 3 minutes. Add the peas, spring onions and chicken.

6 Return to the simmer and cook for 2 minutes before stirring in the crème fraîche, lemon zest and herbs. Season with salt and pepper, ladle into bowls and serve.



BUCKWHEAT AND COCONUT CRÊPES WITH BAKED FIGS

In addition to the delicious nutty flavour that buckwheat flour gives these crêpes, it also makes them high in fibre and gluten free, not to mention rich in nutrients including calcium, protein, iron and B vitamins. So, all in all, it's pretty good for you and makes pretty tasty crêpes, especially when mixed with some dried coconut. They can be served as simple as you like – adding just a squeeze of lemon and a drizzle of honey (my daughter Rosa's favourite), dripping with maple syrup (my son Olly's favourite) or you can push them up a bit and serve with Greek yogurt and sticky figs baked with orange juice (my favourite). Enjoy.

SERVES 4

Preparation time:

10 minutes

Cooking time:

20 minutes for the figs, plus 3 minutes per pancake

For the crêpes:

- 200g buckwheat flour
- 450ml milk, plus extra, if needed
- 2 eggs
- A pinch of salt
- Finely grated zest of 1 orange
- 2tbsp melted coconut oil, plus extra for cooking
- 50g unsweetened desiccated/dried shredded coconut

For the figs:

- 8–10 figs (depending on their size)
- 4tbsp honey
- 125ml freshly squeezed orange juice
- Greek yoghurt, to serve (optional)

1 Preheat the oven to 200°C/400°F/gas 6. Trim the stalk off the figs and cut each one in half. Sit in a roasting pan and drizzle the honey over the top. Pour over the orange juice and bake for 20 minutes, basting with the orange juice

a couple of times. When cooked, serve hot, warm or cooled.

2 To make the crêpes, put all of the ingredients, except the coconut, in a food processor and blitz until smooth. The consistency should be similar to thick pouring cream. Stir in the coconut and add a little extra milk if needed.

3 Preheat the oven to its lowest setting. Heat a non-stick frying pan over a medium-high heat. When hot, add a trickle of oil and use a brush to evenly coat the pan. Pour in just enough batter to cover the surface, swirling the pan to get an even coating. Cook for about 1–2 minutes. Flip over using a spatula and cook for about 1 minute, or until golden, on the other side. Keep warm in the oven.

4 Serve the crêpes with the figs and spoon over any sticky orange juices. Finish with Greek yoghurt.





BLACKBERRY AND HONEY SOUFFLÉS

Generally soufflés are not as bad for you as people think. They are high in protein from the eggs and actually a lovely light dessert to end a meal with. Their downfall though is that they can contain quite a lot of sugar. So, rather than outing soufflés on my naughty list, I've had a play around and swapped the sugar with ripened bananas (the riper they are the sweeter it becomes) and honey. The honey is boiled to reduce in quantity, really intensifying its flavour and sweetness. The results are stunning and they're also pretty easy to make which busts another myth about soufflés in that they are hard to make.

SERVES 6:

Preparation time: 10 minutes

Cooking time: 15-17 minutes

- 300 blackberries, plus extra to serve
- 1 ripe banana, peeled and mashed
- A little oil (such as coconut, vegetable or groundnut oil), for brushing
- 3tbsp chopped nuts, ground almonds or grated chocolate
- 6tbsp runny honey
- 4 egg whites

1 Preheat the oven to 200°C/400°F/gas 6 and place a baking sheet in the oven to heat up.

2 Put the blackberries in a saucepan with 2 tablespoons water. Cover with a lid and cook over a low heat for up to 10 minutes until they have softened and broken down. Add the banana and then blitz to a smooth purée.

3 Brush 6 ramekins with a coat of oil. Coat the inside of each ramekin evenly with the chopped nuts, ground almonds or grated chocolate, by tipping and rolling it around to stick to the sides and bases of the ramekins.

4 Put the honey in a small saucepan and bring to the boil. Continue to boil for 1-2 minutes until it becomes deep golden.

5 Meanwhile, whisk the egg whites until they form firm peaks. Gradually pour in the hot honey, continuing to whisk, until you have a firm and slightly glossy consistency. Mix in one-third of the blackberry and banana purée, then fold in the rest with a metal spoon until combined.

6 Spoon evenly into the prepared ramekin dishes and level the tops with a palette knife. Sit the ramekins on the preheated baking sheet and bake for 10-12 minutes until well risen and lightly golden.

7 Carefully transfer the soufflés to serving plates and serve immediately with extra blackberries and a dollop of Greek yoghurt, if you like.

GET COOKING

Readers of *Women's Fitness* can buy *In the Mood for Healthy Food* by Jo Pratt (Nourish Books) for the special price of £16.00 (£20.00 rrp) including Free UK P&P. To order please call 01206 255800 and quote WomensFitnessJO.



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STUDENT TESTIMONIAL

Sue Pash began her studies
with the school in 2004.

I am a therapist who loves continuing to learn about complementary therapy – and SNHS has proved invaluable for adding to my skills. The courses make great ongoing CPD too! Since becoming a student in 2004 I have taken several courses and gained the confidence to write the Holistic Dowsing Course for the school. In association with my therapist colleagues, I am now also proud to offer mentoring services for the school's students, offering practical sessions in many of the course subjects, together with business mentoring and seminars in Practice Management. This year my business has expanded again by adding a second Practice room, run in partnership with a fellow graduate of the school.

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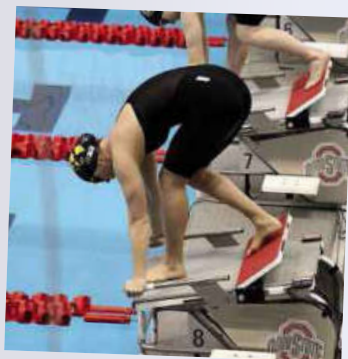
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WISE WORDS

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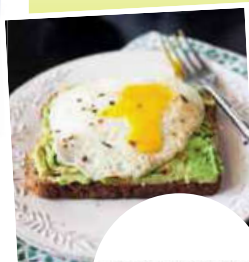
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